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Time for JOY!

The Coronation on 6 May is going to be so special. It will be the first one many of us have witnessed and another day when we can showcase the UK and its incredible traditions and pageantry. The weekend coincides with my husband's birthday so we'll be having a double celebration, and I'm looking forward to all the fun events that have been planned in our local community. I know it's been said that King Charles has a hard act to follow after our Queen's illustrious reign but, in many ways, he's already established many great initiatives during his role as the Prince of Wales – some of which we've highlighted here in this issue. He looks set to bring in a very positive new era, so I'll certainly be grabbing my Union Jack and joining in all the fun. I hope you enjoy this special Coronation issue – and do let us know how you'll be celebrating, too.

Jo

JO CHECKLEY
EDITOR
jo.checkley@hearst.co.uk

This month...

44 We can't wait to celebrate the Coronation

80 Red, white and blue crafts for the special day

28 I love this clever idea to make the most of blooms

WHAT A TROUPER

A big thankyou to Lorraine Kelly for coming to our photoshoot straight after getting over a terrible bug that forced her to pull out of her TV show. She's a real example of celebrity at its very best and, as you can see from our pictures on page 8, she still looked totally fabulous!

COVER STAR

DON'T FORGET... We now have free puzzles online, too! Simply go to prima.co.uk/puzzles and once you register you'll have unlimited access to a whole host of daily puzzles to enjoy. It's all free and means you can puzzle anytime, anywhere and every day!

prima CRAFT KIT
make it your way
BUBBLE CANDLES
prima
let's craft together
FELT LION WALL HANGINGS
prima

NEW IN!

Hooray for craft!

I'm super proud of *Prima*'s brand-new craft kit range that has just launched at The Works. We've been beavering away to come up with pretty and original ideas, such as these Bubble Candles and Felt Lion Wall Hangings (left). The kits start at just £6: see page 91 for more details. I'm also thrilled to announce *Prima*'s new yarn range, from £3, which, like the craft kits, is available in-store at The Works and online at theworks.co.uk. The wool has been produced with the environment in mind and all our craft kits come in recyclable boxes and use as little plastic as possible. The Works is a perfect partner for *Prima* because, just like us, it has value at its heart. I hope you pop into your local store to collect a kit or some yarn. We'd love to see pictures of your makes and knits, and you can share them at @primamag and @theworksstores.

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prima

Photography Liz McAulay, Nicky Johnston, Thomas Skovsende, Getty

Don't miss the JUNE ISSUE OUT 26 APRIL

Turn to page 48

Turn to page 14

Contents

MAY 2023

YOUR FASHION

14 **Earn your stripes!** Make your mark in spring's cheerful trend

26 **Pretty utility** Functional fashion with a feminine twist

64 **That's the wedding outfit sorted!** Mothers of brides and a groom get some style tips

INSPIRING READS

8 On the cover **'It's a great time to be a woman my age'** Lorraine Kelly talks about the Royals, camper vans and her favourite guests on the sofa

28 **Waste not, want not!** Meet the women on a mission to reuse what would otherwise be thrown away

33 **'I joined the police in my 50s!'** A plan to move to the seaside took an unexpected turn for one mum

34 On the cover **'Dancing is pure joy'** *Strictly*'s Dianne Buswell shows how dance can benefit everyone

38 **'Losing my hair made me the happiest I've ever been'** Going bald has not stopped Lizi

40 **'We were just kids when we fell in love…'** It was second time lucky for one couple

43 **7 ways to talk to someone who is grieving** How to approach conversations with the bereaved

44 **Secrets of the Coronation** A look at the crowning of the Monarch

46 **Thank you, King Charles!** How the former Prince of Wales changed the lives of three women

48 **Bringing back our meadows** The latest on The King's nature project

152 **More Glam Grans!** Another group of gorgeous grannies

BEAUTIFUL YOU

70 On the cover **20 of the best buys with hyaluronic acid** Hydrating heroes for skin, hair, eyes and lips

76 **My beauty secrets** With presenter and author Frankie Bridge

YOUR HEALTH

56 **Can you ever get rid of varicose veins?** *Prima* editor Jo Checkley finds out

60 **Sarah's surgery** What you need to know about blood sugar

62 **Health myths… busted!** We separate fact from fiction

GREAT ADVICE

52 **15 ways to a happy washday** Planet *and* money savers

124 **All aboard Prima!** Just look what the latest cruise ship is called…

131 **Plan it, book it, love it!** Travel news

Turn to page 34

OLAY
HYALURONIC 24
+VITAMIN B5
DAY GEL
FRAGRANCE-FREE
LA ROCHE-POSAY
HYALU B5
SERUM
AVON

Turn to page 70

Turn to page
64

Turn to page
124

Turn to page
26

Turn to page
94

Turn to page
76

Turn to page
80

MAKE IT

80 **Happy & glorious** Great Coronation makes fit for a king!
84 On the cover **Jazz it up!** Sew a versatile, chic jacket
86 **Mindful crafts with Sara Davies** Make a regal table decoration
87 **Diamond dream** A lacy-sleeve knit
89 On the cover **Bring on the bunting!** Why not crochet your own?
91 **Sew it, make it, love it!** Craft news

COOKERY

94 **It's party time** Food for sharing
101 On the cover **Raise a toast!** Our Coronation cocktail
102 On the cover **Red, white, blue... & delicious!** Patriotic and seasonal bakes with British berries
109 **Cook it, eat it, love it!** Food news

HOME STYLE

110 On the cover **Make an entrance!** Top tips for a welcoming hallway
115 On the cover **5 big ideas for small bathrooms** Expert advice
119 **Style it, do it, love it!** Homes news
120 **Create a water feature in your garden** Revamp your outside area and encourage wildlife

EVERY MONTH

6 ***Prima* loves** Coronation buys
54 **Subscribe** to our magazines
138 **Your time off & time out** This month's entertainment
141 **My life in books** By Cecelia Ahern
142 **Get into the good books** Nina Pottell's top picks
153 **Over to you!** Your letters
155 **Stars** What lies ahead this month?
156 **Meet the team**
162 **'Up, up and away...'** TV and radio presenter Gaby Roslin loves a rooftop view

TREATS FOR YOU

25 On the cover **20% off at Cotton Traders**
75 **20% off Childs Farm**
144 **£100 prize...** for your story
146 **Puzzles** Win cash prizes!
151 **Win!** Treats for you

prima
Lorraine Kelly
HAPPY

Meet cover star Lorraine Kelly on page 8

Photography Nicky Johnston **Styling** Bronagh Webster **Hair and makeup** Helen Hand **Lorraine wears** Dress, L.K.Bennett

prima LOVES

ALL £25 & UNDER

Celebrate in style with our pick of the best Coronation buys

CORONATION STREET

A street-party staple.
Bunting, £1.99,
The Range

TIME FOR TEA

A majestic mug.
Mug, £21.50,
Victoria Eggs

A TOUCH OF CLASS

Perfect for pearly kings and queens.
Brooch, £20, Jon Richard

FAB FLORALS

Add some flower power.
Necklace, £14, Mood

REGAL RED

A reigning classic.
Clinique Pop Reds Lip Colour + Cheek in Red-Handed, £22

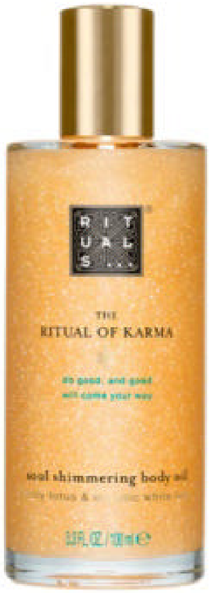
COLOUR POP

Make a statement.
Earrings, £22,
Oliver Bonas

Vegan
Extreme longwear
Cruelty free
'21 Free'
Halal friendly
73% PLANT POWER
longwear '21 free'
vegan polish
NAILS.INC
LONDON

NAIL IT

Top tips.
Nails. INC Plant Power Vegan Polish in Inner Peace of Me, £9


RITUALS
THE RITUAL OF KARMA

LAVISH LUXURY

No ordinary self-care.
Rituals Holy Lotus & Organic White Tea Body Shimmer Oil, £22.50

TAKE THE BISCUIT

Gingerbread gets a royal makeover.
Biscuit, £7.95, Biscuiteers

3 CHEERS FOR THE KING

FIT FOR A KING

For your Coronation memorabilia.
Emma Bridgewater tin, £10.95,
Annabel James

SOFT TOUCH

To make a throne at home.
Cushion, £8.99,
The Range

HIGH SHINE

Worthy of a royal patent.
Bag, £18, Next

SERVE IN STYLE

Great for glasses of bubbly.
Tray, £22.50,
Sophie Allport

SCANDAL'EYES 24 HR
008 BLUE

ROYAL BLUE

The eyes have it.
Rimmel London ScandalEyes waterproof kohl eyeliner, £4.99

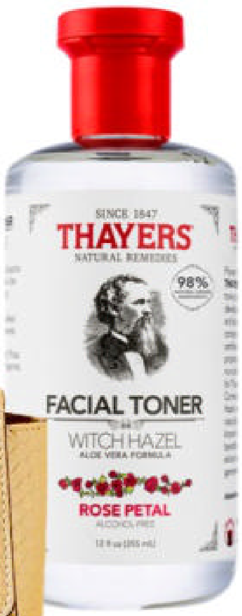
THROW IN THE TOWEL

Clean up in style with this keepsake.
Tea Towel, £12, Biscuiteers

TO CELEBRATE
THE CORONATION
OF KING CHARLES III
6TH MAY 2023

FRESH FACED

Wake up tired skin.
Thayers Facial Toner, £14.99


THAYERS
FACIAL TONER
WITCH HAZEL
ROSE PETAL

PARTY TIME

Dress to impress.
Paper fancy dress glasses, £5.99 for a set of 6, Talking Tables

ROYAL STYLE

A signature scarf will update your wardrobe.
Scarf, £9, Tu

POSH POUT

For a beautifully hydrated red-ruby lip.
Clarins Lip Comfort Oil in Strawberry, £21.50

GO FOR GOLD

Stylish metallics for day or night.
Bag, £25, Accessorize

CHEERS!

Perfect for parties.
Recyclable paper cups, £5 for 8, Talking Tables

YOU CAN RECYCLE ME

MONARCH-KEY

A very regal accessory.
Key ring, £8, Accessorize

Est. 2007 BISCUITEERS 194

SWEET TREAT

Sent with love.
Throne biscuits, £25, Biscuiteers

MUG SHOT

Raise a toast.
Mug, £14.50, Sophie Allport

THE CORONATION OF KING CHARLES III 6th MAY 2023

CLEAN SWEEP

For your patriotic tablescape.
Napkins, £1 for 16, The Range

JAZZ UP YOUR DRINK

The last (a lifetime) straw.
Metal straws, £9 for 4, Fy!

CROWN JEWELS

Fit for a queen.
Earrings, £16, Mood

GET BAKING

Be your own palace chef.
Apron, £22, Victoria Eggs

Compiled by Jo Atkinson, Becca Green, Alice Shields, Becky Topping

‘It’s a great time to be a WOMAN MY AGE’

Queen of breakfast TV Lorraine Kelly talks to Charlotte Oliver about dealing with imposter syndrome, meeting The King and the joy of camper-van adventures with her husband

Lorraine, 63, lives in Buckinghamshire with her husband, Steve Smith, and their border terrier, Angus.

SOFA SECRETS

If you find a job you love, you’ll never work a day in your life. That’s absolutely true when it comes to *Lorraine* – and that’s why I’m still doing the show 13 years later. I just love the variety and we’re often the first to react to things that have happened overnight. It keeps me young in outlook, too, as I’m constantly learning about new bands and TV shows – and new ways of looking at the world.

I’ve often thought of us morning telly lot as pioneers. We were the first to be talking about things such as gay marriage, trans rights, equality and men’s and women’s health. In fact, when I first started out almost 40 years ago on *TV-am*, you couldn’t even say the word cancer on TV. We’ve gone from that to giving breast examinations live on *Lorraine*!

Things do go wrong on air – it’s live TV and anything can happen. While Mark [Heyes] and I are doing our fashion segment, the models often get changed outside in a tent. Sometimes they’re not dressed in time, so if you see us chatting away for longer than usual, it’s because the next model isn’t ready and we have someone in our ear saying, ‘Keep talking!’ The trick is to just carry on and not let the audience know that it’s bedlam backstage!

Coming from a working-class background, I can get impostor syndrome. I’ll ask myself, ‘Am I really good enough to be here?’ Billy Connolly

'I'll ask myself, "Am I really good enough to be here?" Billy Connolly told me you have to get over that'

Lorraine wears Jumpsuit, Phase Eight. Shoes, L.K.Bennett

> ‘Steve still makes me laugh and he’s the first person I tell things to. I’d describe our relationship as easy’

once told me that you have to get over that. It’s true – you do have to have a word with yourself.

ROYAL AFFAIRS

I’m still amazed I was given an OBE and then a CBE. I’ll never forget receiving my OBE from The Queen in 2012. I was wearing heels and my legs were shaking so much. I thought, ‘If I fall and squash The Queen, I’m in big trouble!’ She was wearing a bright yellow suit and, apparently, she was talking away to me, but I don’t remember any of it because I was too overcome with emotion.

I was awarded my CBE by Princess Anne, who’s my favourite. I love that she takes no nonsense and she just gets on with it. She’s enabled her children to have relatively normal lives, too. I think she’s a great example of a modern Royal, particularly amid all the other chaos going on.

I’m really looking forward to the Coronation in May. We have fantastic neighbours on our lane who put on a fabulous Jubilee party last year, and I’m sure they’ll be doing something this time. We certainly do pomp and circumstance very well in this country. Just look at the Jubilee and The Queen’s funeral – both were flawless.

I’ve met King Charles a few times and he’s a very genuine person. It’s been a tough start for him, what with the release of Prince Harry’s memoir. I don’t know him well, but I do think Charles is prone to some melancholy. Do you remember when he was annoyed about the pen? [Charles was visibly frustrated by a leaking pen when signing a book at Hillsborough Castle last year]. I don’t blame him – he had a lot going on, but Camilla was so good at calming him down. He was the grumpy husband, and she was there smoothing things over. They’re two people who were always supposed to be together.

LOVE & ADVENTURE

Speaking of celebrations, Steve and I will celebrate our 31st wedding anniversary in September. Last year, for our 30th, our daughter, Rosie, organised a surprise party – it was better than our wedding! She flew my brother, Graham, over from Singapore and got my parents and friends down from Scotland. She organised food, drink, DJs and a ceilidh band. She even decorated the tables with bunches of white roses, thistles and freesias, which were the flowers I carried in my wedding bouquet.

When you’ve been together for as long as we have, having your own space is important. Steve and I both like doing our own thing from time to time. He’s really sporty, so he’ll go off and play golf and football with his pals, and I’ll do my own thing, too. That’s not to say we don’t also love spending time together – he still makes me laugh and he’s still the first person I tell things to. I’d describe our relationship as easy. A lot of that has to do with the fact that I married the most easygoing man in the world!

We love going on adventures together. Every year, it’s written in tablets of stone that we’ll go to Orkney. We’ve been going since the 1980s and we still love it. We’re also going to Zimbabwe later this year. We’re hiring a camper van, which we’ll sleep in. We’ve done it before in Botswana, Namibia and Zambia and it’s the most wonderful experience.

MUM’S THE WORD

Steve and I are incredibly proud of Rosie. She’s just bought her first home in London. It’s a big renovation project and she’s overseeing it all herself – she definitely doesn’t want me getting involved! She’s been living with us in the meantime, not that we get to see her very much because she’s so busy working. We do see quite a lot of Ruby, her wee sausage dog, though!

Rosie has followed me into journalism, but she doesn’t need my advice. She likes to do her own thing and she’s very independent – plus, she did a degree in journalism, whereas I just started working in local newspapers, so I’m sure she knows the rules better than I do! I’ve actually ended up learning things from her. We do a podcast together, and she does all the research and gets all the guests herself, then promotes it on social media, while I just turn up. She really is the most organised person in the world… I think she takes after her dad!

I’d never put pressure on Rosie to give me a grandchild. If it did happen, it would be absolutely lovely, but if it doesn’t, that’s fine, too. In the meantime,

‘Having a grandchild would be lovely, but if it doesn’t happen, that’s fine, too’

Opposite: Lorraine wears Dress, Bombshell London. Shoes, Made The Edit.
This page: Lorraine wears Dress, Bonmarché. Shoes, Shoeaholics

LORRAINE’S LIFE ON THE SOFA

My best ever guest… Hugh Jackman. Everyone who works with him always has a big smile on their face. He’s just delightful and sets the tone for everyone around him.

The person that left me starstruck… Buzz Aldrin. I’m a space geek and remember watching the moon landing with my dad. If somebody had told me then that I’d be sitting in a studio, talking to the second man who walked on the moon, I’d never have believed it.

The one I’d love to interview… The Princess of Wales. She seems like such a kind person, who’s taken on a really difficult job with a lot of grace.

The guest who surprised me most… Ralph Fiennes was very nervous. He was so lovely, but you could see he wasn’t particularly comfortable talking about himself.

The person I would love to swap places with for the day… Whoever is on the international space station.

I have Ruby! That thing of wanting to be a grandma is more than made up for by her – because she’s the ultimate princess!

IN MY PRIME

It feels like a great time to be my age. When I was a kid, if someone had said ‘over 60’, I’d have thought of a wee old lady with a shopping trolley, a grey perm and a shapeless coat – but that’s nonsense, it doesn’t happen now. Just look at all the amazing women in their prime, such as Emma Thompson. I think I was born at absolutely the right time: 1959. I had all the music of the 1970s and 1980s, I had fun in the 1990s and I now get to be in this stage of life when I can wear and do whatever I like.

I have a terrible lack of vanity – I’m at my most comfortable in a tracksuit with no makeup on and my hair in a ponytail. Rosie’s been getting me to do more of a beauty regime recently, but I think I’m lucky to have good genes. My mum still looks young, and my gran had long black hair in her 80s! It helps if you’ have a round face. Eamonn Holmes always says to me, ‘You and I are lucky that we have wee round faces because there are no wrinkles on a balloon!’ ➜

It's a shame when women like Madonna mess with their faces. She's fabulous and she was always ahead of her game, but why did she do all that work to herself? I think the women who age the best are the ones who haven't had work done – or only the bare minimum. Having surgery is like jazzing up your living room: you start by getting new curtains, then the carpet looks shabby, so you change that, and then the sofa doesn't fit. Soon enough, you don't recognise yourself any more.

AGELESS STYLE

I dressed appallingly in the 1980s and 1990s. The most hilarious thing is when old footage gets replayed – like when S Club 7 got back together recently and we showed a clip of me interviewing them for the first time. I just thought, 'Oh my God, why did no one tell me?!' My style has changed quite dramatically in recent years. I feel a lot more confident to try things that I might have once looked at and thought, 'Oh no, that's too young for me!'

It's been a total joy to launch my own collection with Bonmarché. I wanted to give people a bargain, without creating even more disposable fashion. We've focused on doing a mix of really fashionable stuff and timeless staples that cater for all, which means both my mum and Rosie have things to wear. I'm allergic to ironing, so we've also tried to make pieces that don't crease. I'm proud to be working with a brand that makes proper fashion for grown-ups, and also for people who are young at heart.

LOOKING AHEAD

I don't see myself stopping any time soon. It would be very difficult to say goodbye to *Lorraine* because it's a real privilege to be in people's lives. I'm very aware that people have more choice than ever now in the morning – whether they're watching TV or listening to the radio. So, for people to actually make the choice to pop us on, it's great. I never take it for granted.

Rosie and Steve have both been encouraging me to carve out more 'me-time'. They'll say to me, 'Right, you've done enough for today – have a tea break' or 'Go for a manicure and don't feel guilty.' It's hard to say no to things, especially when I love the job that I do, so I'm still working on that!

My next big plan is to take my mum and Rosie to visit my brother in Singapore. Mum hasn't been too well, but she's getting better all the time, so we'll go as soon as she's up to it. I want to go back to Antarctica, and also visit Greenland and Mongolia.

I'm determined to get exercising again. Since Covid, I haven't managed to do much Zumba or anything like that. I recently had a wee operation on my shoulder – nothing serious, but there was a bit of calcification, and I'm still having physio for it, but I'm hoping to do some swimming when we next go up to Orkney. I'm a bit of a wimp with it, though; everyone else goes in wearing a swimsuit and I'm there in my wetsuit!

- *The Lorraine Loves collection is available in sizes 10-28 from more than 200 Bonmarché stores nationwide and at bonmarche.co.uk. Lorraine airs weekdays at 9am on ITV and ITVX*

'I think women who age the best are the ones who haven't had work done'

Photography Nicky Johnston **Styling** Bronagh Webster **Hair and makeup** Helen Hand
Lorraine wears Dress, L.K.Bennett. Shoes, Shoeaholics

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*Iron contributes to the reduction of tiredness and fatigue. Food supplements should not be used as a substitute for a varied diet and healthy lifestyle.

Form an orderly line: bold stripes, from slick monochrome to candy-coloured brights, are this season's cheeriest trend

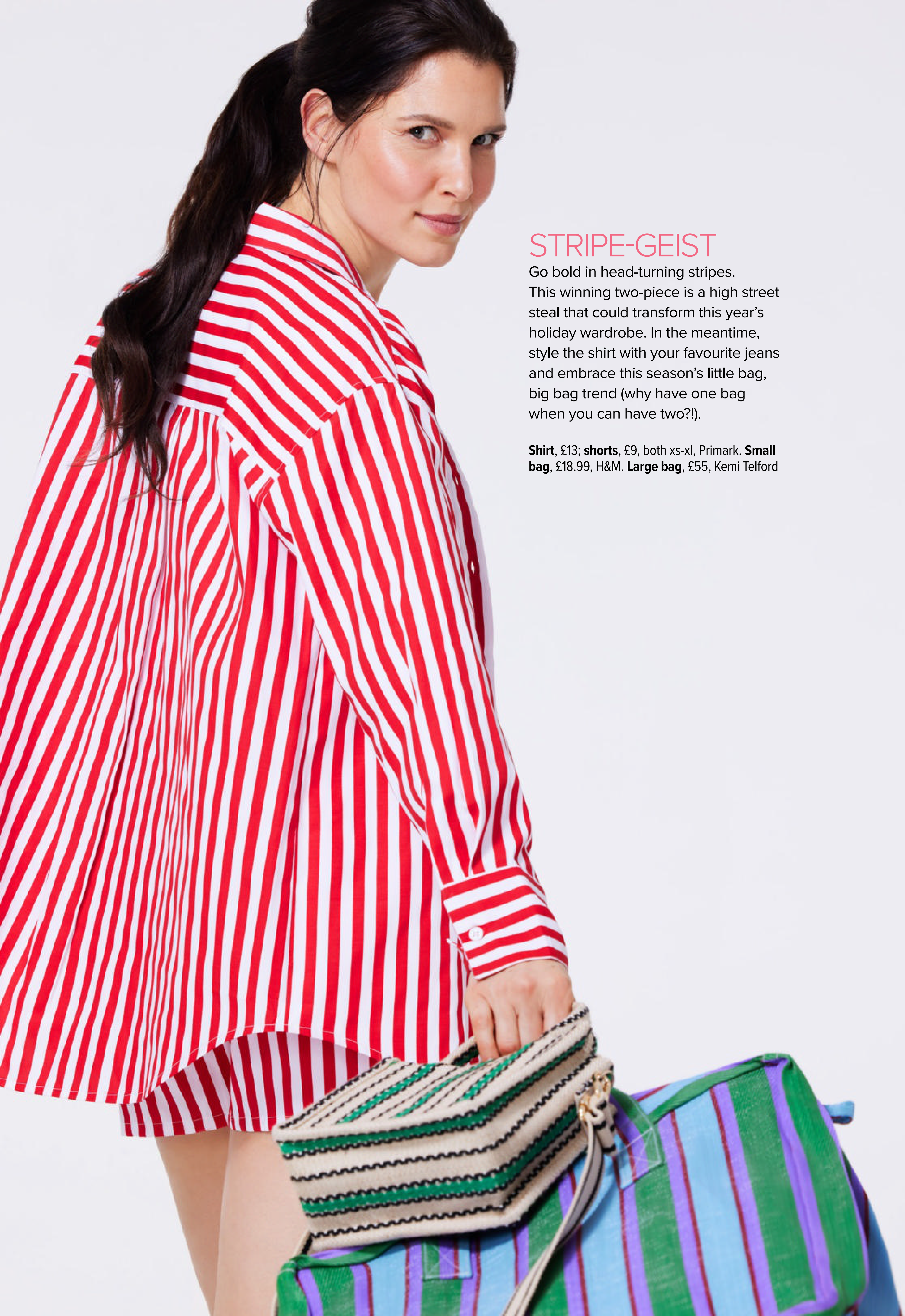
Photography CATHERINE HARBOUR
Styling JO ATKINSON

EARN YOUR STRIPES!

CANDY CRUSH

Play with fresh sweetie shades for a crisp daytime look that instantly shouts spring. This colour palette is easy to mix and match and we love a bold statement scarf to add contrast to a simple, stripey top.

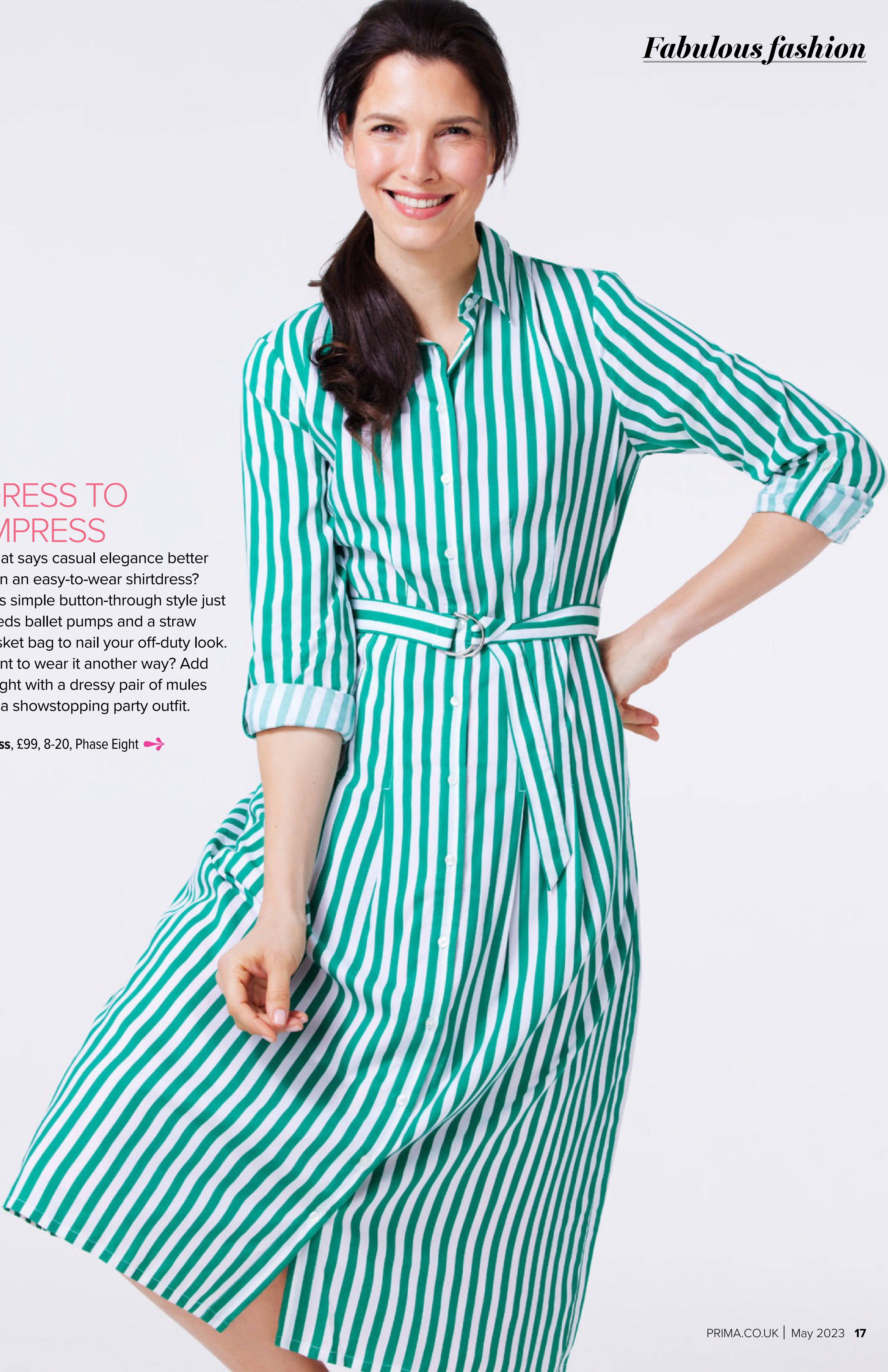
Top, £22, 8-22, Cotton Traders.
Scarf, £20, Accessorize.
Trousers (just seen), £38, 8-22, Next ➔



STRIPE-GEIST

Go bold in head-turning stripes. This winning two-piece is a high street steal that could transform this year's holiday wardrobe. In the meantime, style the shirt with your favourite jeans and embrace this season's little bag, big bag trend (why have one bag when you can have two?!).

Shirt, £13; **shorts**, £9, both xs-xl, Primark. **Small bag**, £18.99, H&M. **Large bag**, £55, Kemi Telford



DRESS TO IMPRESS

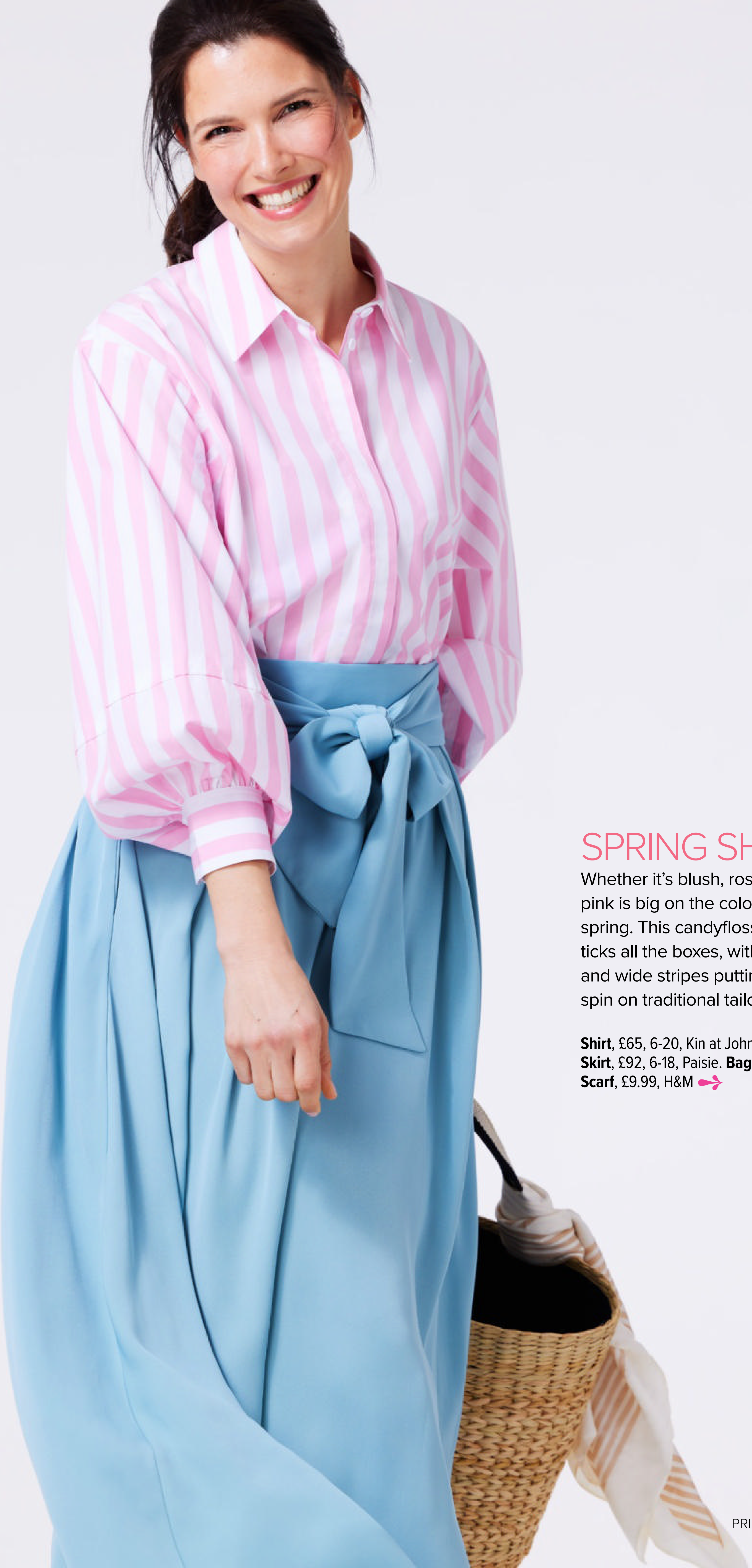
What says casual elegance better than an easy-to-wear shirtdress? This simple button-through style just needs ballet pumps and a straw basket bag to nail your off-duty look. Want to wear it another way? Add height with a dressy pair of mules for a showstopping party outfit.

Dress, £99, 8-20, Phase Eight ➜

MAKE IT MONOCHROME

Sleek and striking, black and white graphic stripes are a super-flattering way to embrace the trend. This mixed stripe jumpsuit from Karen Millen is a timeless wardrobe investment that will lend itself to both evening elegance and daytime chic.

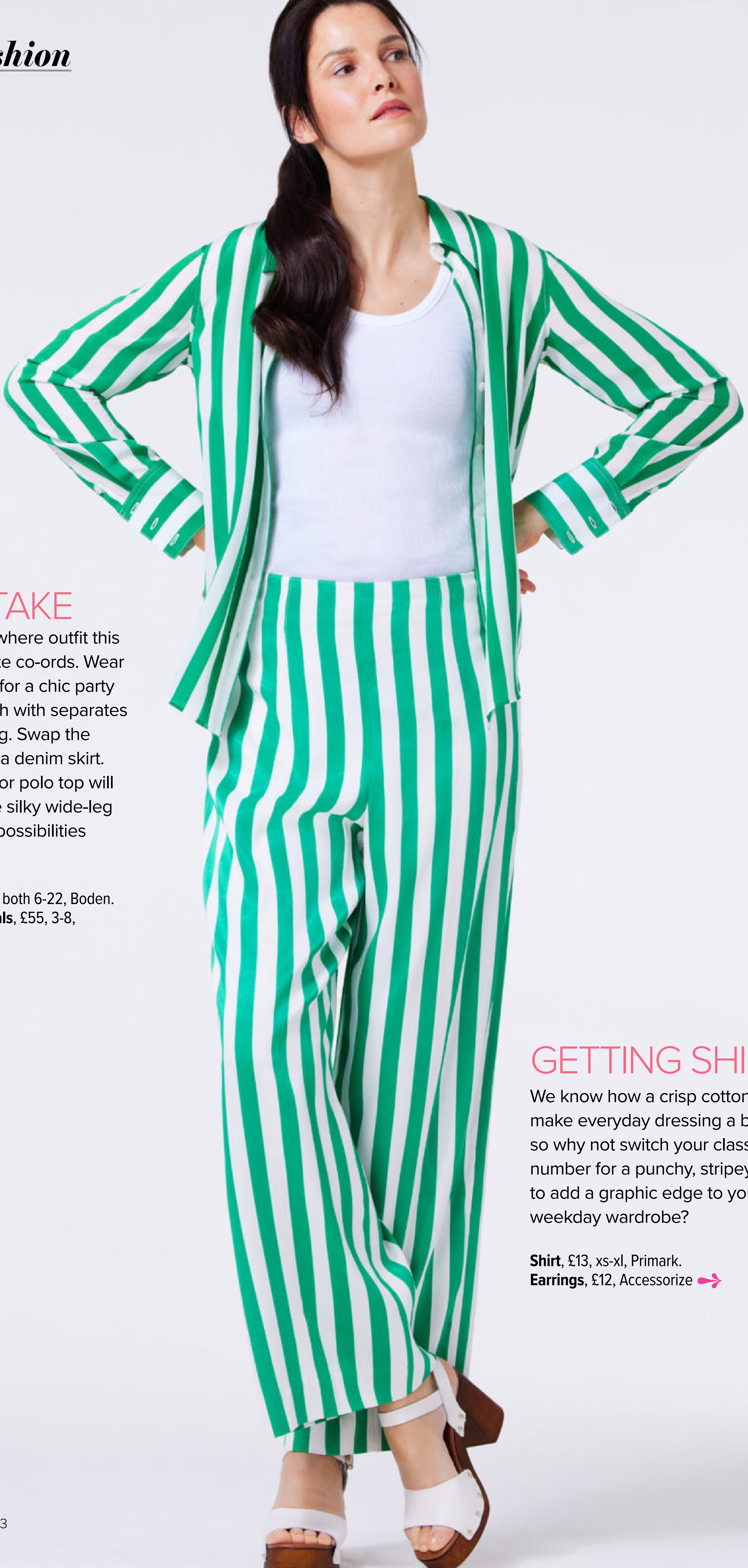
Jumpsuit, £79, 6-16, Karen Millen



SPRING SHADES

Whether it's blush, rose or fuchsia, pink is big on the colour radar for spring. This candyfloss-coloured shirt ticks all the boxes, with puff sleeves and wide stripes putting a feminine spin on traditional tailored styles.

Shirt, £65, 6-20, Kin at John Lewis & Partners. **Skirt**, £92, 6-18, Paisie. **Bag**, £45, Next. **Scarf**, £9.99, H&M ➔



DOUBLE TAKE

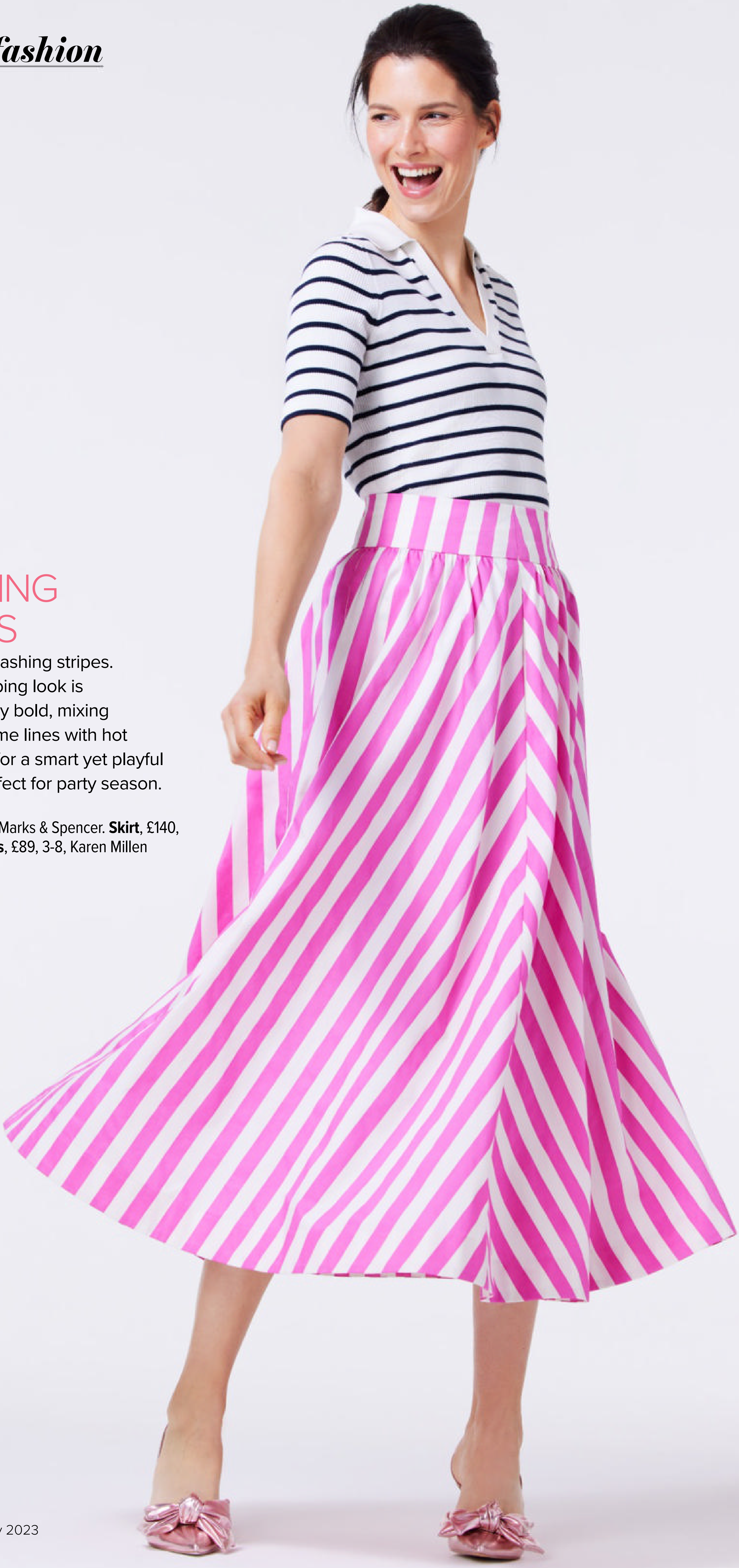
Looking for a go-anywhere outfit this summer? Contemplate co-ords. Wear top-to-toe with heels for a chic party style or mix and match with separates for downtime dressing. Swap the trousers for shorts or a denim skirt. A slouchy sweatshirt or polo top will pair perfectly with the silky wide-leg trousers. The styling possibilities are endless.

Shirt; **trousers**, £130 each, both 6-22, Boden. **Vest**, £7, 6-26, Next. **Sandals**, £55, 3-8, Marks & Spencer

GETTING SHIRTY

We know how a crisp cotton shirt can make everyday dressing a breeze, so why not switch your classic white number for a punchy, stripey style to add a graphic edge to your weekday wardrobe?

Shirt, £13, xs-xl, Primark. **Earrings**, £12, Accessorize ➜



SWINGING STRIPES

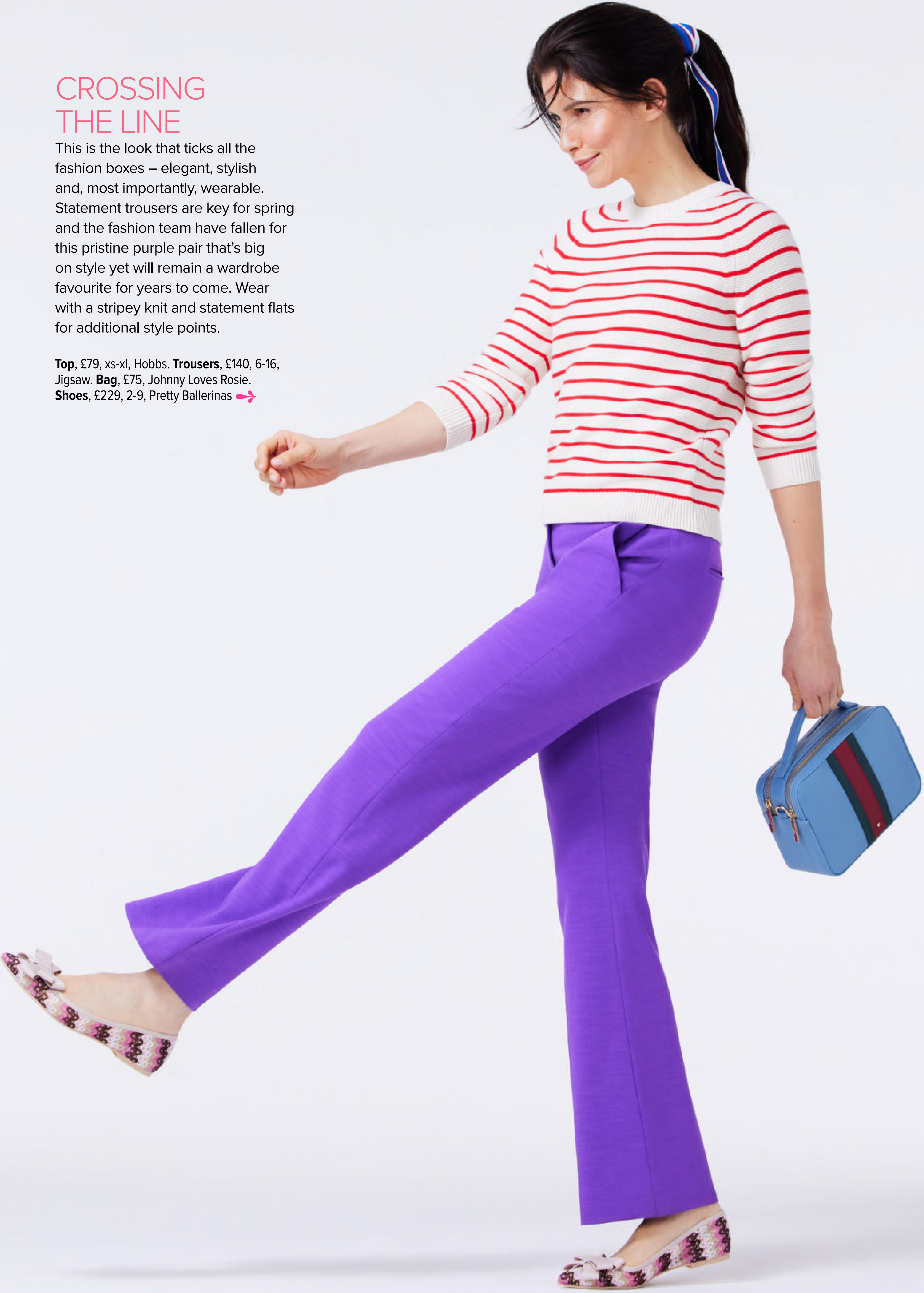
Mix it up with clashing stripes. This showstopping look is unapologetically bold, mixing fine monochrome lines with hot pink chevrons for a smart yet playful outfit that's perfect for party season.

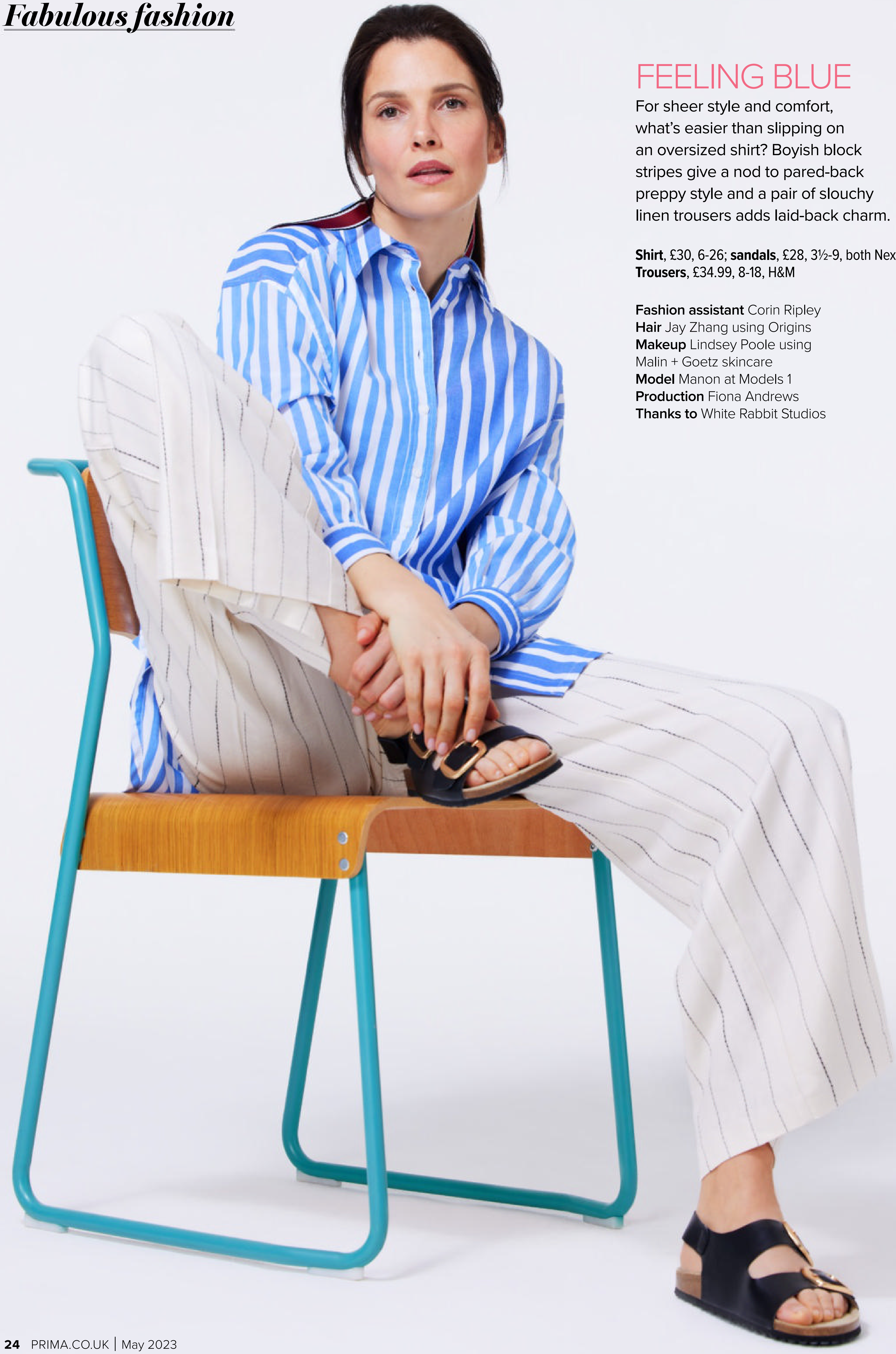
Top, £22.50, 6-24, Marks & Spencer. **Skirt**, £140, 6-22, Boden. **Shoes**, £89, 3-8, Karen Millen

CROSSING THE LINE

This is the look that ticks all the fashion boxes – elegant, stylish and, most importantly, wearable. Statement trousers are key for spring and the fashion team have fallen for this pristine purple pair that's big on style yet will remain a wardrobe favourite for years to come. Wear with a stripey knit and statement flats for additional style points.

Top, £79, xs-xl, Hobbs. **Trousers**, £140, 6-16, Jigsaw. **Bag**, £75, Johnny Loves Rosie. **Shoes**, £229, 2-9, Pretty Ballerinas ➜





FEELING BLUE

For sheer style and comfort, what's easier than slipping on an oversized shirt? Boyish block stripes give a nod to pared-back preppy style and a pair of slouchy linen trousers adds laid-back charm.

Shirt, £30, 6-26; **sandals**, £28, 3½-9, both Next.
Trousers, £34.99, 8-18, H&M

Fashion assistant Corin Ripley
Hair Jay Zhang using Origins
Makeup Lindsey Poole using Malin + Goetz skincare
Model Manon at Models 1
Production Fiona Andrews
Thanks to White Rabbit Studios

prima

OFFER FOR YOU!

BECAUSE WE ALL DESERVE A TREAT

Top, £36, 10-26; **skirt**, £38, 10-22; **sandals**, £29, 4-8

Dress, £29, 8-22

Kimono, £39, 8-22; **jeans**, £36, 8-20; **belt**, £20, m-3xl

Blouse, £32, 8-24; **trousers**, £29, 10-22; **trainers**, £37, 4-8

HOW TO CLAIM

To receive your exclusive 20% discount on spends over £35, visit **prima.co.uk/offersmay23** and follow the instructions. Redeem your discount at cottontraders.com from 20 March to 26 April 2023.

20% off Cotton Traders

Looking for a closet refresh for the warmer season? Get wardrobe-ready with the new-in Pattern Park collection

Embrace the sunnier spells with lighter clothing and bolder prints. From flowing floral skirts and breezy shirts to outerwear and striped tops, the much-loved British brand's new collection is the key to effortless style. Bring pattern into your day-to-day wardrobe with vibrant colours and prints – Cotton Traders has everything you need to breeze through the season with a smile!

Blouse, £38; **jeans**, £38, both 8-22

TERMS & CONDITIONS Go to prima.co.uk/offersmay23 for your promotional code to receive 20% off any full-priced item at cottontraders.com when you spend £35 or more. One promotion per order. £35 minimum spend applies, excluding delivery. This offer cannot be used in-store, by phone or in conjunction with any other offer. Offer excludes gift cards, multi-buy, discounted, sale and clearance lines, and Triumph, Sloggi and Berlei branded items. This offer cannot be redeemed against products already purchased. £3.99 UK standard delivery. The right to refuse or restrict any order is reserved. Stock subject to availability. We take your privacy seriously. For details of our privacy policy and full terms and conditions, visit cottontraders.com. Reg No 2125768. Reg Office: Cotton Traders House, Atlantic Street, Broadheath, Altrincham, Cheshire WA14 5GZ. This offer is valid between 20 March and 26 April 2023.

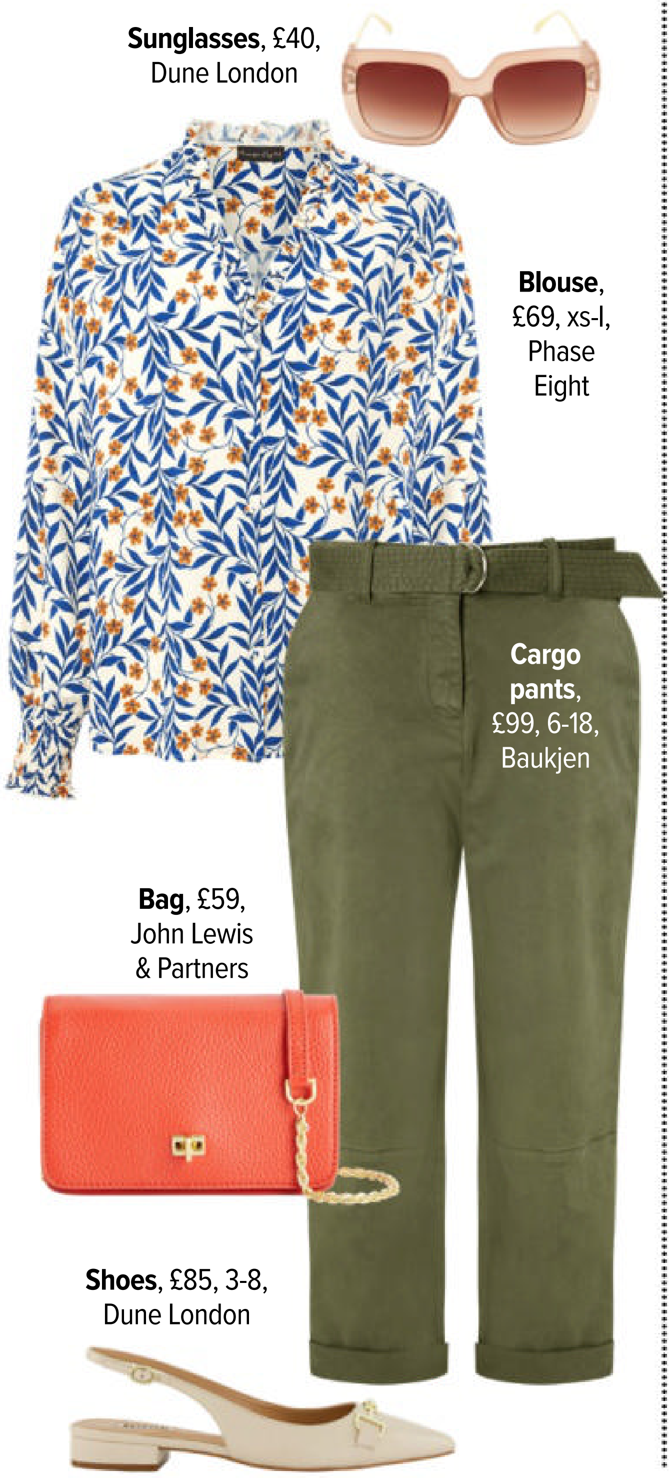
TRY it, BUY it, WEAR it...

Pretty utility

Functional fashion gets a feminine twist with the addition of colour, print and some sparkle

Office elegance

Tailored cargos tick both the smart and casual boxes.



Sunglasses, £40, Dune London

Blouse, £69, xs-l, Phase Eight

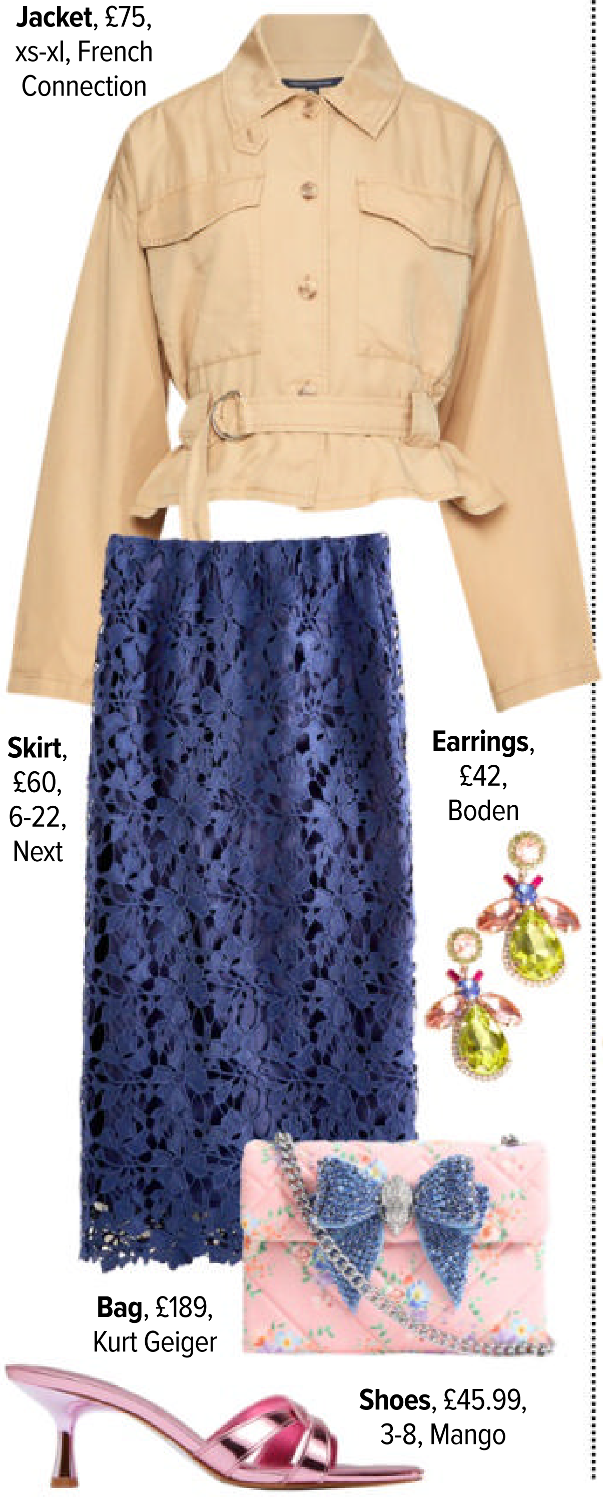
Cargo pants, £99, 6-18, Baukjen

Bag, £59, John Lewis & Partners

Shoes, £85, 3-8, Dune London

Dinner date

Dress up a daytime jacket with a lace pencil skirt and heels.



Jacket, £75, xs-xl, French Connection

Skirt, £60, 6-22, Next

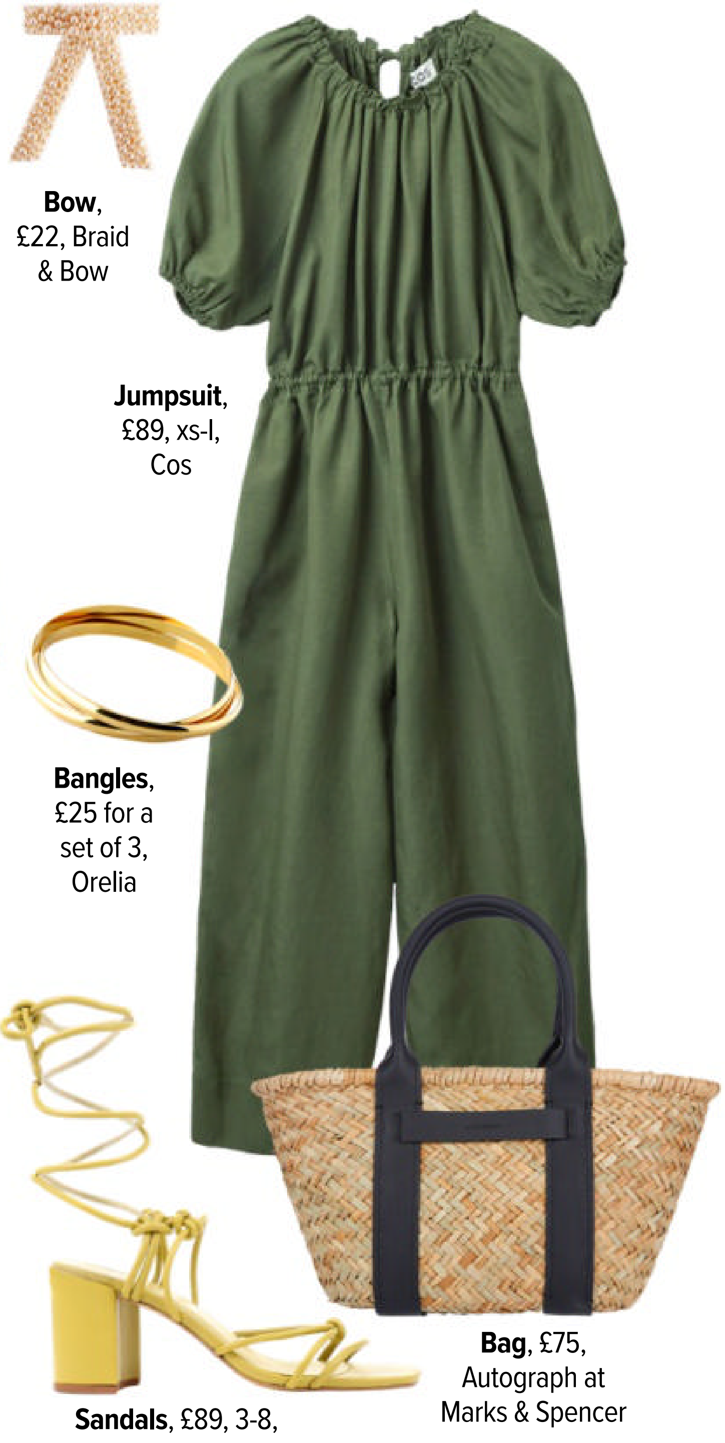
Earrings, £42, Boden

Bag, £189, Kurt Geiger

Shoes, £45.99, 3-8, Mango

Weekend chic

Utility gets a sophisticated spin with this feminine jumpsuit.



Bow, £22, Braid & Bow

Jumpsuit, £89, xs-l, Cos

Bangles, £25 for a set of 3, Orelia

Sandals, £89, 3-8, Jones Bootmaker

Bag, £75, Autograph at Marks & Spencer

3 of the BEST

daytime dresses

Practical, pretty and stylish, these easy-to-wear dresses bear all the hallmarks of utility style but with a relaxed, spring-like feel.

£145, 8-18, Celtic & Co

£99, 6-20, And/Or at John Lewis & Partners

£149, 6-20, Hobbs

We love belted dresses to add some waist definition

WEAR WITH...

A stylish tote bag.

£24.99, H&M

£55, Accessorize

£65, Whistles

Snazzy sliders

Add colour and fun to every outfit.

£6, 3-8, Primark

£12.99, 3-8, Deichmann

£60, 3-8, Celtic & Co

£95, 3-8, Dune London

£69, 3-8, Hush

Everyday ease

We love a twist on the classic khaki cargo jacket. Still with pockets aplenty, these versions are perfect for the new season.

£60, 8-18, Joe Browns

£45, 6-24, Marks & Spencer

£110, 6-22, Boden

Words Jo Atkinson

The Flower Bank repurposes bouquets and plants at affordable prices

Waste not, WANT NOT!

prima Getting Greener

At a time when we're all trying to do our bit to protect the planet, meet the women who came up with genius ideas to reuse what would otherwise be thrown away...

'Beautiful flowers were just being binned'

URSULA STONE, 55, from London, has found a way to brighten up people's lives.

'Pulling the big flower display apart, I felt so sad. There were beautiful roses, lilies and anemones that were all fully in bloom – and going in the bin. I was helping out at a London florist's and part of my job was to dismantle and bin flower displays that had been on show for just one day at an event. Throwing away thousands of pounds' worth of flowers was so heartbreaking.

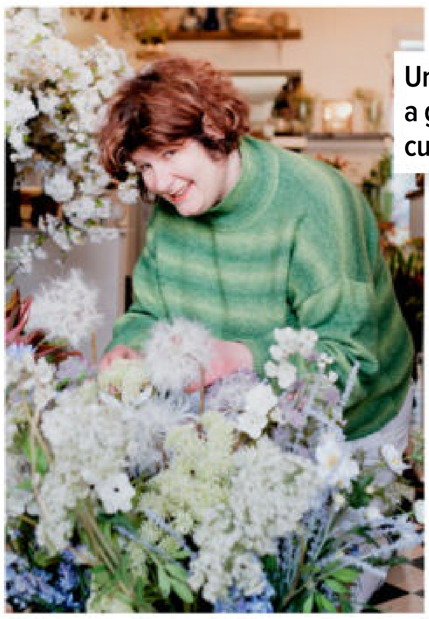
I soon noticed that supermarkets were doing the same with flowers and plants that were nearing their sell-by date. This gave me an idea: what if these blooms could have a second life?

I'd always enjoyed being surrounded by nature and, when I was made redundant from my job as an event organiser, I signed up for a six-week floristry course and loved it so much I studied more. That's when I got the job helping out at the florists.

I began asking local supermarkets for their surplus flowers and plants, which they gave me for free. I also went to events to pick up any leftover displays.

Discovering an organisation called

The Flower Bank

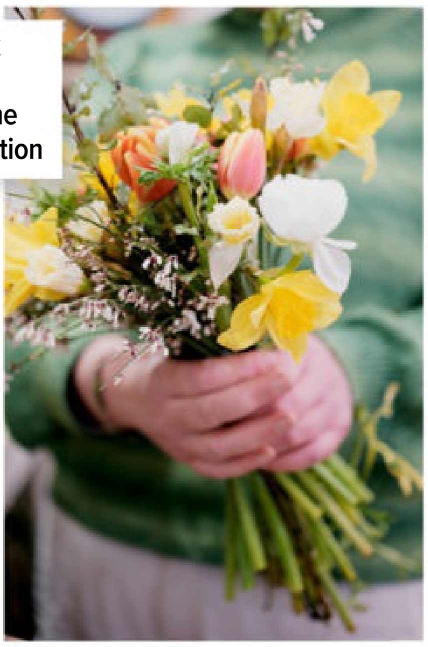


Ursula now has a gorgeous shop customers can visit

The Flower Bank

'I'm not hiding behind a fake hair colour any more'

Donated faux flowers have spruced up the local train station



Neighbourly, which teams up with big companies to help them distribute their surplus goods, helped me take things to the next level, and I built up a good relationship with Marks & Spencer.

FLOWER POWER

I began using the leftover flowers to create wreaths, centrepieces and bouquets, and sold them at an affordable price for funerals, weddings and other special occasions. The demand was amazing; my prices were much lower than high-street florists, but the flowers looked just as good.

That was the start of The Flower Bank. Using my kitchen for storage and prep, I enlisted the help of my daughters, Ella and Mathilda, now 14 and 20. They'd come with me to the supermarkets in the evenings and had to put up with a car constantly full of flower debris.

The business really took off, but after three years it reached the point where my house was so full of flowers that we could hardly move for them. I raised enough money through crowdfunding to rent a small shop in nearby New Barnet. It was lovely to have actual premises and a place where people could call in to place their orders.

The shop has been running since 2020 and, as well as supermarkets and events, my work has spread through word of mouth, so I also pick up flowers from film sets and fashion shoots.

Most mornings, after collecting the flowers in my hatchback, I work with local charities and teach at workshops. I've recently created window boxes for our local railway station from faux flowers that were donated from a set at Pinewood Studios.

'I'm optimistic my shop will bloom and grow for a long time'

In the afternoons, I open the shop. We do the flowers for weddings, bat and bar mitzvahs and funerals, and sell bouquets and plants. We also run a bouquet subscription service – from as little as £10 per week, people receive a bouquet delivered to their door.

Sorting out what's usable takes time. I go through everything, picking out dead or wilting flowers, but the effort is more than worth it. Most people get up to two weeks' life from our flowers, which is amazing for blooms that would have otherwise been put straight in the bin. The flowers I always look out for are alstroemeria or Peruvian lily, because they last for ages!

We're also a zero-waste social enterprise. People can drop off unwanted coats for those in need and old laptops for the digital poverty campaign to provide families with access to computers.

I'm so proud of all I've achieved. Just like the flowers and plants we rescue, I'm optimistic my little shop will bloom and grow for a long time to come.'

• *theflowerbank.org.uk* ➜

‘We breathe new life into old clothes’

CAT HERATY, 44, from Totnes, Devon, and her team bring the community together.

‘There’s nothing I enjoy more than the busy weekly social evenings we host in our studio. Watching members browse the clothes swap rail, finding new outfits from others’ unwanted garments, seeing a nine-year-old making herself an Elizabethan-style dress from an old duvet cover, or helping a chap to refurbish his favourite tattered Patagonia coat… they’re full of people from all walks of life.

It’s all a far cry from my previous job in the fashion industry, where I spent 15 years designing clothing and sportswear. There, I was surrounded by waste – from discarded samples to clothes dumped post-season when they were deemed no longer saleable, along with cancelled factory orders. I really hated seeing so much material going to waste.

MATERIAL GIRL

So, when I had my first child, Primrose, in 2015, I took the time to really think about what I wanted to do next. During that time, I bumped into an old friend, Joss, and another new mum, Padouk, at a baby group.

Realising we all had a background in fashion, we started talking about whether we could team up and work together. We had the idea to create a permanent local community hub where people could come together to learn

Creativity and community: Cat and team in their studio

Mend Assembly saves fabrics and teaches sewing skills

and share their sewing and textile skills, mend and repurpose fabric, and where they could swap clothes. We would call it Mend Assembly.

With £2,500 funding from the charity UnLtd, which provides start-up funding to social entrepreneurs, we looked for premises, finding a bright and airy studio in a community space in Totnes, Devon.

We started with clothes and fabric repair services, alongside renting out studio space to independent designers. We also hired out our studio to members of the public; sometimes to run workshops, other times just to use our sewing machines to make curtains.

In 2021, we also started running upcycling workshops and making products for local businesses from waste fabrics. We recently made aprons for a local gastropub that were dyed by a local lady who produces organic pigments from plants.

Our idea is catching on and there are now other sewing groups around the country and even one in France.

Mend Assembly is a real labour of love. When I walk into the studio and feel the buzz around whatever new fabric has come in, I know the hard work is worth it. I feel so happy and proud when people pop in to show off their latest mend or upcycle. I had always dreamed of having my own studio but never wanted to be stuck home alone. Now, I get to share this space with the community and some really creative new friends.'

• *mendassembly.com*

keenan
recycling ltd
food waste recycling
info@keenanrecycling.co.uk · 0800 644 66 18
www.keenanrecycling.co.uk

'We turn food into fuel'

CLAIRE KEENAN, 46, from Aberdeen, and her husband, Grant, couldn't bear to see so much food being wasted and came up with an ingenious idea.

'When I look over the lush farmland of our surrounding countryside, I get a great sense of satisfaction from knowing that we created the fertiliser that helps some of those crops to be able to thrive.

My husband, Grant, and I have been working in the recycling and composting business for over 20 years and believe passionately in the need to create a sustainable future.

It all started when we learned that Aberdeenshire Council sent garden waste to landfill. We had a garden bark business, used to cushion playgrounds, but we suggested that the council send their waste to us to compost.

We learned fast and it was such a success that when we discovered that all of the area's food waste also ended up rotting in landfill, we knew that there had to be a way that we could recycle that, too, and turn it into a rich fertiliser for the local farmers.

Food waste must be handled differently to garden waste, so we had to build a sealed facility to deal with it. With the help of grants and a bank loan, we raised over £3m. It was a huge

commitment but we were confident it would pay off.

Once the plant was up and running, we began recycling food waste from local businesses and the hospitality industry into nutrient-rich compost. We charged the council £60 per tonne, half what they used to pay to send it to landfill.

> ‘One farmer said he had his best crop yield in 50 years’

PROTECTING THE PLANET

High in nitrogen, the compost was great for local farmers, who started buying it from us instead of from abroad. Buying locally helps to reduce their carbon footprint, while also putting nutrients back into the soil. One farmer who switched to our compost said we helped provide him with his best crop yield in 50 years.

Fast forward two decades and our company collects food in our fleet of 100 vehicles across 16 depots in England, Scotland and Wales. We now recycle around 100,000 tonnes of garden and food waste annually.

And, as well as compost, we now have processing technology that turns the food waste we collect into liquid biofuel. This is sent to anaerobic digestion facilities to be made into gas or electricity and fed into the National Grid. It’s amazing to think that we’re turning food into fuel! I’m so proud of everything we have achieved, helping the community, providing jobs and, most of all, doing our bit to protect the planet.’

• *keenanrecycling.co.uk*

Claire’s company is a recycling success story

CREATING A
GREENER
FUTURE

Words Anna Tobin **Photography** Thomas Skovsende, Annemieke Goldswain-Hein, Alice Whitby/The Telegraph, Simon Price

My MIDLIFE CHALLENGE

‘I joined the POLICE in my 50s!’

Siobhan, 62, from West Sussex, moved to the coast for some peace and quiet, until she fell into a new and very unexpected career

Siobhan loves her job in the force

Aged 51, divorced and with my daughter Scarlett happily through university in London, I decided it was time to follow my dreams and move to the West Sussex coast to focus on writing novels.

I joined a local employment agency to find a part-time job to keep me ticking over. When I was offered a short-term admin role at the local police station working in Victim Contact – keeping victims updated on their cases – I jumped at it. I’d always been interested in justice, and my novels were all about crime. It was perfect!

The role was supposed to be temporary, but once my contract ended, I was asked to work on the ‘Wanted’ and ‘Absconders’ database. The police needed help with the mountains of paperwork and trying to solve cold cases – criminals still at large. It was fascinating, and when I helped bring in a number of wanted suspects, I was hooked.

I was then asked to continue as an intel analyst, working on a murder investigation. My job was to gather evidence, take statements, look through the histories of previous criminals, and find forensic evidence. It was so compelling.

One day, one of my superiors suggested that I train as a Civilian Crime Investigator – working in CID. It meant I’d interview the suspects in the cells and present my case to the Crown Prosecution Service, which would decide whether to take it to court.

So I spent two months in the classroom, learning interview techniques and how to take statements. Eventually, I was able to interview a suspect on my own. I was nervous at first, but I soon got used to the process, starting with the caution you hear actors say on TV crime dramas.

> ‘I’d always been interested in justice’

When I’m trying to find out the truth, I never judge people from the outset. And I never shout – people don’t respond to aggression. My job can be very sad. I see people at their lowest – and the same ones week after week. Many have fallen into crime in order to survive.

Now, at 62, I’ve worked as a civilian in the police for 10 years. I don’t think I’ll ever retire – there’s too much to do and too few staff. My team all look out for one another, and I worry for the brave officers who put themselves in harm’s way every day.

Sometimes, I see former suspects or people I’ve helped put in jail out on the street. Once, I was followed. It was unsettling, but I’m tougher than I used to be, and knowing first-hand how great the police service is, I feel safe.

The job is mentally draining, though, and nothing prepares you for some aspects of it – there are some images that you can never unsee. A few years ago, I had to take a couple of months out to regroup. During my time off, I studied mental exhaustion and put together a booklet for other officers to use.

When I have rest days now, I spend 24 hours doing absolutely nothing. I’ll then do some writing to help me wind down, but it’s hard to switch off.

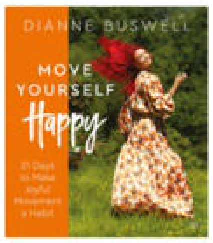
The force is crying out for civilian staff – and older people can be invaluable as they have so much life experience. There are lots of different roles people can be trained to do. It’s a fantastic job and each day is different. I see myself as standing up to life’s bullies – a lovely feeling. Working with the police, victims, suspects, experts and the public has taught me skills, confidence and an understanding of humans that I wouldn’t otherwise have had. I’m so grateful for my ‘second life’.

• For My Sins by SC Cunningham is available on Amazon

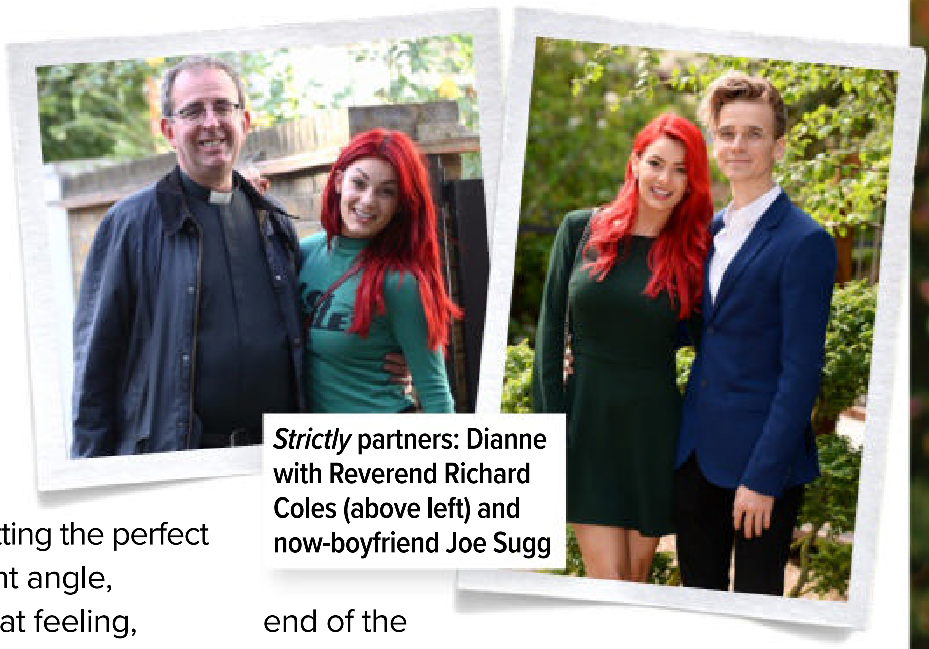
Have you taken on a new challenge? Email us at prima@hearst.co.uk to let us know

As told to Alice McIntyre **Photography** PC R Stephens

‘DANCING



Strictly pro Dianne Buswell shares in her new book, *Move Yourself Happy,* how everyone can experience the magic of movement



Strictly partners: Dianne with Reverend Richard Coles (above left) and now-boyfriend Joe Sugg

With her iconic red hair and boundless enthusiasm, pro dancer Dianne Buswell has been a recognisable and much-loved face on *Strictly Come Dancing* for six years. From her second-place triumph with Joe Sugg in 2018 to her memorable Charleston with Tyler West that gained them the first 10s of the 2022 series, her love of dance shines through in all she does. ‘Dance is pure joy,’ she says. ‘If I’m feeling under the weather, there’s nothing – no medicine or painkiller – that can fix me like dancing. It’s the ultimate full-body workout that boosts your mood, works every muscle in your body and helps brain function.’

> ‘Just give me a good song and I’ll take to the floor!’

In her new book, *Move Yourself Happy: 21 Days To Make Joyful Movement A Habit*, the Australian dancer and trained holistic reveals how finding joy in movement can benefit your health, improving flexibility, coordination, balance, sleep and happiness. Here, Dianne, 33, shares what dance means to her and how we can all tap into its joy-boosting merits.

‘EVERYONE CAN LEARN TO DANCE’

What’s your first dance memory? Aged three, watching my older brother, Andrew, in his ballroom and Latin dance classes from my pram. I was itching to join in and they finally let me start classes when I turned four. From that very first class, I never stopped dancing.

What is the best part of dance for you? The freedom. As a child, I wasn’t worried about getting the perfect position or hitting the right angle, so it was very freeing. That feeling, combined with my love of music, is what kept me coming back to the dancefloor again and again. I still find it freeing, although I have a lot more going through my mind when I dance these days – all the technique that gets drummed into you as you get older.

Do you have a favourite style? I love all styles; just give me a good song and I’ll take to the floor! When I was younger, I loved the fast Latin numbers that involved a lot of personality and shaking your hips, but now I’ve started to appreciate the stiller side of dance through the elegant ballroom styles.

Which has been your favourite dance on *Strictly Come Dancing*? My first ever dance on *Strictly* with Reverend Richard Coles – it was a cha-cha-cha and it wasn’t technically perfect, but I’ll always have fond memories of it. Also, the quickstep I did with Joe [Sugg, Dianne’s now-boyfriend] in Blackpool, because it was a childhood dream come true to dance there.

How do you psych yourself up before a *Strictly* show? It’s a nerve-wracking experience, so I try to put positive energy into the atmosphere. I visualise it going perfectly, then getting to the end of the routine and everyone’s clapping and congratulating us. It’s very calming.

What are the physical benefits of dance? Everyone I’ve taught to dance falls in love with it. It strengthens muscles you haven’t worked before and because it’s set to music, it becomes such a joyous activity that you don’t feel like you’re working out. It guarantees a rush of endorphins, which makes you feel even better, so it’s brilliant for your mental health, too. Learning the steps to a dance routine is also proven to strengthen memory and brain function.

How can we make dancing part of our daily routine? It’s about chucking music on at any time, whether that’s in the morning when you’re making breakfast or in the evening doing the dishes. My go-to song to bop around the kitchen to is Miley Cyrus’s *Party In The USA*.

What would you say to people who think they can’t dance? It’s all about embracing movement that brings joy. You don’t need to be a dancer to notice a difference in your mental and physical wellbeing. If you’re feeling too self-conscious to join a class, start in the privacy of your living room. Stick on some music and use the moves from my book to help you feel more confident with the basic steps – you can literally dance like nobody’s watching! ➔

is pure *JOY’*

‘Everyone I’ve taught to dance falls in love with it’

LET'S DANCE!

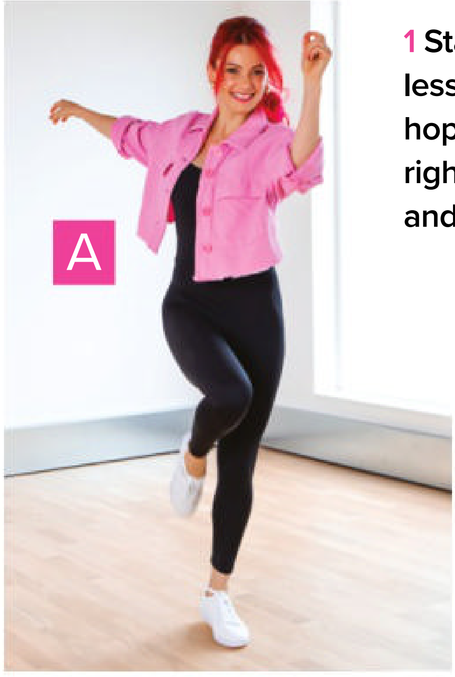
Strap on those dancing shoes as Dianne teaches you how to jive

DIANNE SAYS...

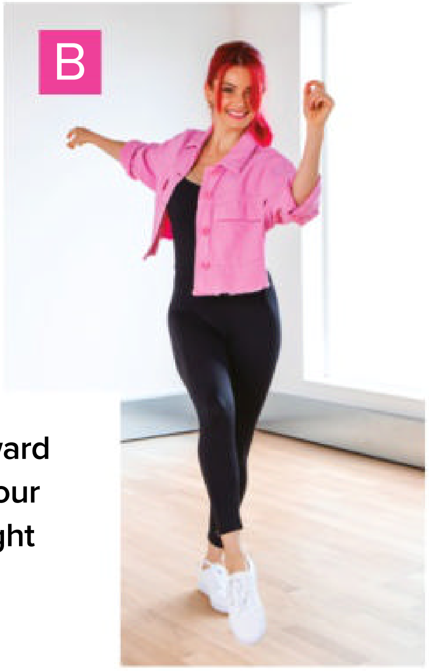
'Jive is a swing dance from the rock 'n' roll era. It's fast-paced but requires less technique than the Latin dances and is a brilliant form of cardio. Some great jive tunes are *Hit The Road Jack* by Ray Charles and Ricky Martin's *Livin' La Vida Loca*.'

FORWARD & SIDE KICKS

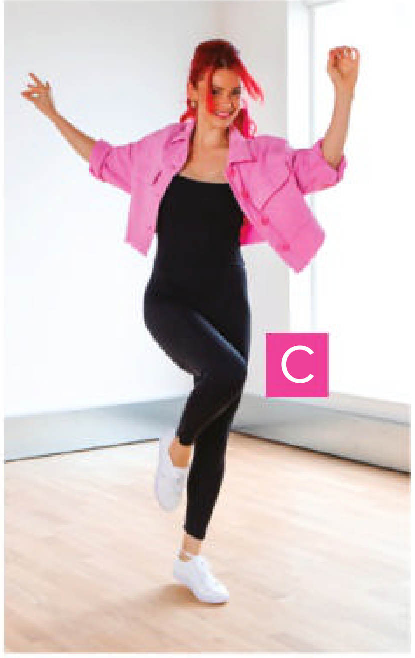
The jive is energetic and full of clever footwork. We start with a kick step – a simple flicky kick out to the front and then the side. When doing this, always keep a slight bend in your standing leg and both knees soft.



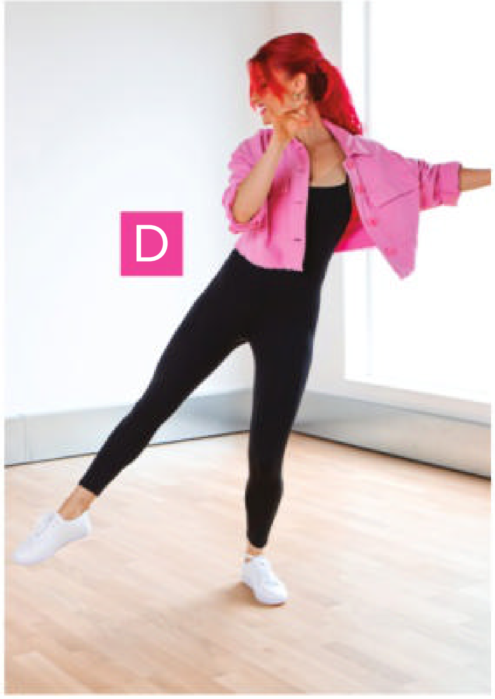
1 Stand with your feet slightly less than hip-width apart and hop on to your left leg so your right foot is lifted off the floor and your right knee is bent (A).



2 Then, kick your right foot forward in a swift movement, pointing your toes (B), before drawing your right leg back up to its bent starting position. That's a forward kick!



3 For a side kick, from the same starting position (C), simply kick your right foot out to the side, pointing your toes as you do so (D), and pull it back again quickly.

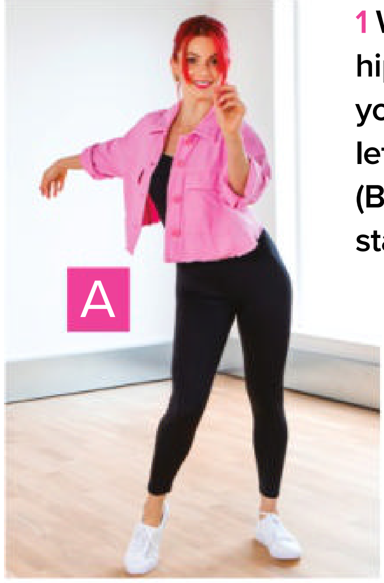


4 Combine these moves by flowing straight from the right front kick to the right side kick.

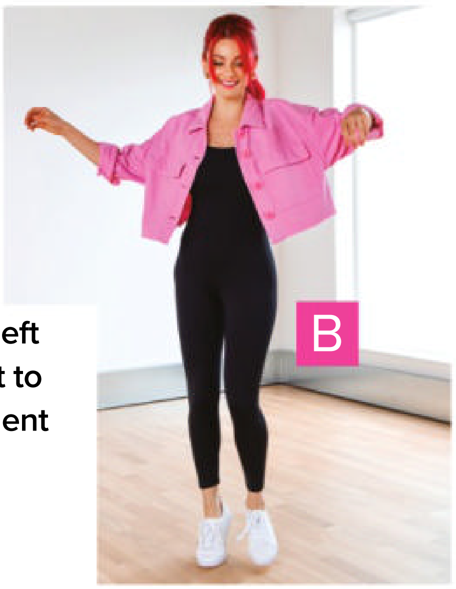
5 Then hop on to your right leg and do the same two kicks with your left leg.

CHASSÉ

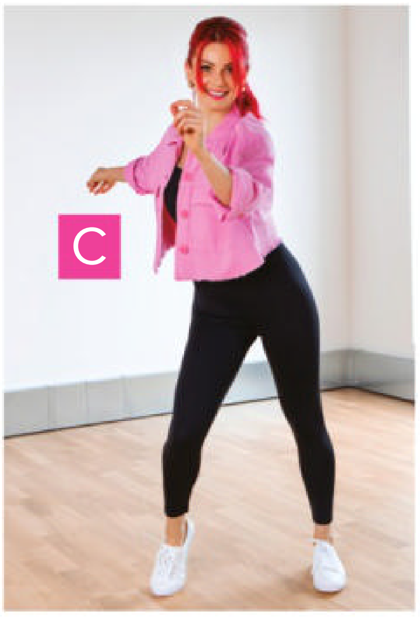
One of the most common jive moves, the chassé is a satisfying 'chasing' side-step that moves you across the floor. Think side-step, together, side-step, together, and relax into it with a little bounce and some hip action.



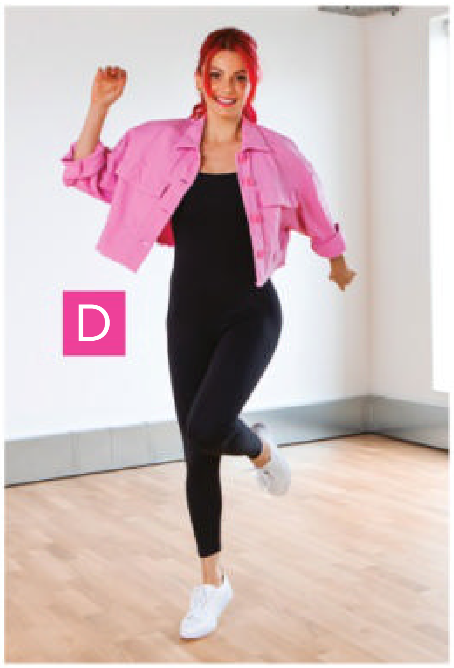
1 With your feet slightly less than hip-width apart, step out with your right foot (A), then hop your left foot over and down to meet it (B). Repeat the movement, again starting with your right foot.



2 Then, step out with your left foot and hop your right foot to meet it. Repeat this movement again on the left side (C).



3 As you continue the chassé, move from side to side, gradually speeding it up, keeping on the balls of your feet to bring some height into the step (D).



4 Once you've figured out the footwork, add your arms in opposition to your feet, stretching your left arm forward as you move your right foot to the side.

5 Repeat the move on alternate sides for as long as you would like.

• *Move Yourself Happy: 21 Days To Make Joyful Movement A Habit (Watkins Publishing) by Dianne Buswell is out now*

Words Georgia Green **Photography** Katrina Lipska at Kat's Films, Rika/Backgrid, Getty

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'Losing my hair made me the HAPPIEST I'VE EVER BEEN'

When Lizi Jackson-Barrett, 45, from Romford, Essex, discovered her hair was falling out, she was devastated. Until something incredible happened...

Staring at my reflection in the mirror, I felt sick with shock. It was October 2017 and I was getting ready to celebrate my 40th birthday, but as I was styling my hair, my fingers felt a bald patch above my ear.

Looking at it intently, tears rolled down my face. In my heart, I knew what it was, as the same thing had happened to my father earlier in his life. It was alopecia.

Despite the fact it was a milestone birthday, I can barely remember the rest of that evening. I know I cried in my husband's arms before he helped me put my long, curly hair into a ponytail to hide the bald spot. Then, I slapped a fake smile on my face and made it through the next few hours, pretending to friends that everything was fine. Yet inside, I felt devastated. I couldn't picture a future without hair that was positive in any way.

Above: Glossy brown curls on her graduation day in 1999

Left: Lizi with her children, Jacob and Layla. Right: Lizi aged 30 in 2008, before her hair loss

> 'I show my children what it means to accept yourself'

A few days after discovering the bald patch, I saw a private dermatologist who confirmed I had alopecia. However, he told me he was confident that it could be brought under control. In some cases, alopecia can be reversed or further hair loss stopped, and I left the dermatologist's office with a prescription for steroids and medicated creams, feeling a bit more optimistic.

But as the days and weeks went past, and hair continued to fall out, I realised he'd been wrong. My hair came away in the shower, when I brushed it and on my pillow as I slept. It was a relentless loss and as each strand fell out, my heart broke a bit more.

At first, I was able to hide what was happening from my children, twins Layla and Jacob, then aged eight, by putting my hair up to cover the patches. But then came a day around a month later when I knew I needed to tell them.

I showed them, and they cried. Then, for the first time, I lied to them. I told them I didn't feel any different, I was still their beautiful mummy and I didn't care if my hair grew back. I didn't believe a word coming out of my mouth, but I was desperate to shield them from my sadness. For Jacob, it was confusing as he is autistic and struggles with facial recognition, so people's hair is important to him. Layla said she understood if I felt upset, because she would be, which I thought was perceptive of her. They cuddled me and I wished they didn't have to come to terms with their mummy changing before their eyes.

TURNING POINT

As women, we're socially conditioned to associate our hair with femininity and beauty. I'd always been proud of my thick, glossy hair. As an adult, I'd struggled with my weight, going up to a size 22, which gave my hair extra importance. I was in charge of how it looked, in a way I often wasn't with my body.

Ironically, just before my hair began to fall out, I'd been feeling the best I ever had about myself. I'd lost five stone and had married four months before, feeling amazing in a size 12 dress, my hair curled and tumbling over my shoulders.

With no hair, I believed I was ugly and worthless, and began to comfort eat. My

husband repeatedly told me he still loved me and found me attractive, but I felt I'd let him down. I no longer looked like the woman he'd married just months before.

Two months after finding the first patch, I was completely bald. My grandmother bought me a wig as I couldn't face Christmas seeing extended family who didn't know about my alopecia.

I picked one as close to my old hair as possible, but I felt like a fraud every time someone paid me a compliment and ended up telling people the truth. Reactions varied from shock to sympathy, and I knew every woman I told was glad that this wasn't happening to her.

For the next six months, I wore my wig every time I left the house, but as the weather got warmer, the wig became unbearable. One evening, I was invited to a friend's house and dreaded sitting with sweat dripping down my neck, feeling sticky and itchy. A thought popped into my mind, 'Why not ditch the wig?'

A NEW CHAPTER

I felt scared even contemplating it but I knew I was going to be among good friends and thought perhaps it was a safe opportunity to try to be brave. And it was. When I arrived, they were stunned I'd actually done it but also delighted for me, and encouraged me to see this as the beginning of a new chapter.

That evening was indeed a turning point. It helped me begin to believe I didn't need to hide under a wig.

I began to go out more without it: to the supermarket, to the park with Jacob and Layla, for meals with friends. Some people stared, but not as many as I'd expected. I quickly realised most of us are too caught up in our own lives to notice what others look like.

I invested in big earrings to create a focal point away from my scalp and make me feel more glam.

By the time the one-year anniversary of my alopecia arrived, my wig was consigned to a box on top of my wardrobe and I had rediscovered the confidence I thought had vanished with my hair.

> 'I didn't need to hide under a wig. I'm bald and proud'

Since then, I've never looked back. I now work as a confidence strategist, which involves public speaking and meeting clients who take one look at me and realise I know what I'm talking about when it comes to being confident.

SELF-LOVE AND ACCEPTANCE

Often people ask how my cancer treatment is going, as there's an assumption a bald woman must be having chemotherapy. I always correct those comments as I'd never want sympathy for something I'm not experiencing.

The thing I struggle with most is the assumption I dream of my hair growing back. I really don't. If it did, I'd shave it off.

We're still not comfortable with bald women. It continues to be viewed as something to be pitied or hidden away, which is why people find it hard to accept how happy I am this way.

As a mother, I feel grateful I've had this opportunity to show my children what it means to love and accept yourself for who you are. I show them every day you can feel beautiful and positive, even when you don't conform to what society deems to be 'attractive'. I'm bald and proud – this truly is the happiest I've ever been.

• *lizijacksonbarrett.com*

As told to Eimear O'Hagen
Photography Liz McAulay **Makeup** Liz Kitchiner

‘We were JUST KIDS WHEN WE FELL IN LOVE…’

Beverley and Mike first met more than 40 years ago in their home village

Ever wondered about the one that got away? A chance encounter led Beverley Jones, 59, to make a wonderful discovery

Holding a bag of salt and vinegar chips, I stepped out of the warmth of the fish bar into the cold night air. A man was waiting to come in and I moved to the side to let him through. As my gaze met his, I felt a jolt of recognition. Yes, the face was different, older, the dark hair a little greyer, but I knew those brown eyes and that smile. ‘Mike,’ I gasped. He laughed. ‘Fancy seeing you here,’ he said. And in that moment, it was as if the years had slid away…

Mike and I had first got together in 1980 in our local pub, The Beaufort, in Raglan, Monmouthshire. He was among a group of friends and as we sat across the table from each other, we got chatting. We seemed worlds apart in many ways: I was 17, studying hairdressing at a local college and had big plans to work on a cruise liner and travel the world; Mike was 24, worked on his parents’ farm and drove tractors. But we got on well, and when Mike asked to see me again, I agreed. The Beaufort was the pub where my parents

had first met, so perhaps part of me was hoping to recreate their love story.

Soon, Mike and I were going out most nights. I'd call him from the village phone box and it would always ring for ages because he was normally still out on the farm. Other nights, we'd just sit in his green Cortina car together and get lost in conversation. One day, after we'd been together for three months, I was chatting about my plans when Mike turned to me and said: 'You have too much ambition to stick around in our small village.'

> 'I found he gave me a real sense of strength'

I looked at him, shocked. 'But I'm happy to stay here for you,' I said. Mike shook his head, his eyes filled with sadness. 'I can't hold you back,' he replied. 'It wouldn't be fair.' I wanted to shout that he was wrong, that I'd be happy to stay in Raglan for ever if it was with him, but perhaps deep down I knew he was right. When Mike suggested it would be best to break up now before things got too serious, I found myself giving in.

WORLDS APART

We agreed to stay friends. 'Our time together isn't meant to be right now,' he said simply, 'but possibly in the future.'

The break-up left me devastated and, aged 23, I moved to London, determined to carve out a career in the city. I finally landed a job developing pictures at City Photo in Piccadilly Circus and started renting a bedsit for £50 a week in south London. It was freezing cold and tiny, but I slowly adjusted to my new life. I did well at my job and found a new flat.

Over the next few years, I continued pushing on, constantly changing jobs and moving all around the country. I even got married in 1992, but things didn't work out and we divorced three years later. Having returned from working and living in Ireland in 2004, I bought a small place in Newport, Wales, so I could easily visit my parents who were still in Raglan, just 20 minutes away. And it was while visiting them one summer's evening in 2007 that I spotted Mike at the chippy.

I'd heard from my parents that he was still local, divorced with two children, but somehow I hadn't expected to see him.

Coming face to face, we started chatting. 'We should grab a drink sometime,' he said, and we exchanged numbers. A few weeks later, my phone pinged with a message. 'How about that drink?' it read.

HOME COMFORTS

We met in our old stomping ground, The Beaufort. I told Mike that I was in a new relationship, but neither of us were thinking anything more of this than just old friends meeting up. Over the next few months, we'd bump into each other every so often. Life should have been good, but despite my move to Newport, I was still working long hours in my management job for the railways. By 2009, things were getting on top of me. After being diagnosed with clinical depression and severe anxiety, I was offered therapy and quit my job.

I then discovered my house was riddled with dry rot, making it unsafe to live in. I had to move out while work began, and my relationship also ended. I felt like life was at an all-time low. One day, I popped round to visit Mike and I burst into tears. 'I'm sorry,' I sobbed. 'It's all just got too much.'

He comforted me and, over the next weeks, we would meet up and chat for hours. I found he gave me a real sense of strength. Friends teased that we should get back together, but I valued him so much as a friend I didn't want to do anything to hurt our relationship.

I'd been on my own for more than a year when I texted Mike one night suggesting we go for a pizza. 'Is that a date?' he texted back. I felt a flush of excitement. 'Could be,' I replied.

That night, as we dined, I looked at Mike and felt as though something had suddenly shifted. I think Mike felt it, too, because when I suggested we give our relationship another go, he said yes. I hadn't felt so happy in such a long time.

Over the next weeks and months, I got to know Mike's son and daughter, then aged 10 and 11, sold my house and moved back to rent a house in Raglan. I also enrolled on a six-month diploma course to become a qualified life coach as I felt I had so much to share from my own experiences.

It often struck me how our lives had come full circle, and when Mike proposed one evening in December 2020, I knew exactly what my answer would be. 'Yes,' I said.

WEDDING-DAY BLISS

We married in October 2022 and had a beautiful ceremony in our local church in Raglan. We'd chosen Ed Sheeran's song *Perfect*, and when we heard the line, 'We were just kids when we fell in love,' Mike squeezed my hand. We had the reception at a country barn, and Mike and I arrived in a Land Rover Defender – it couldn't have been more perfect.

Mike and I are so happy. My mentoring business is doing well and I'm back to full health. Yes, our romance took an unusual path, but in many ways it simply feels like it was always meant to be.

• *awakenmentoring.co.uk*

Back on trac-tor! The happy couple on their wedding day

As told to Bella Evennett-Watts **Photography** Nick Morrish

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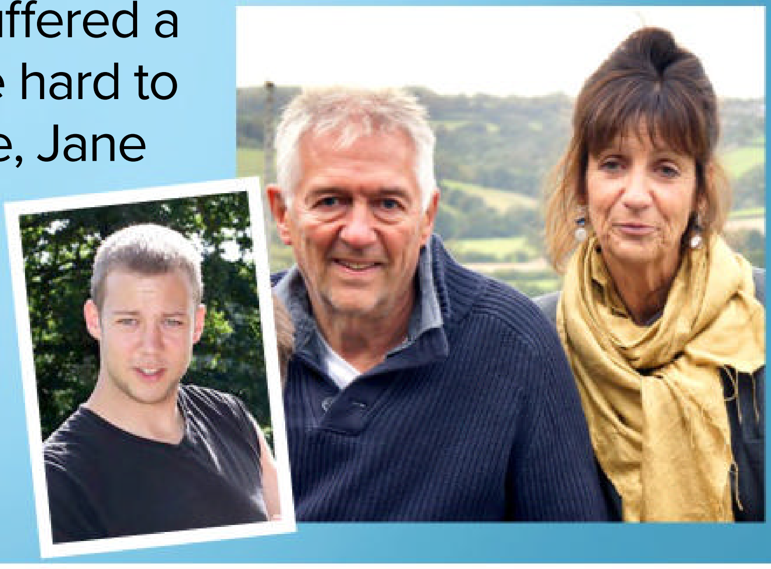
Photography Getty

7 ways to talk to someone *who is grieving*

When someone has suffered a bereavement, it can be hard to know what to say. Here, Jane Harris and Jimmy Edmonds, The Good Grief Project founders, share what they have learned since the death of their son Josh



Grief affects us all differently. While some welcome kind gestures and the chance to talk about the person they have lost, others may shy away from offers of help and grieve privately, so it can be hard to know what to say.

Psychotherapist Jane Harris and documentary film editor and photographer Jimmy Edmonds know from first-hand experience that the complexities of grief are hard to navigate – both for the person grieving and those around them. In 2011, their son Josh, 22, died in a road accident in Vietnam. 'Our lives felt shattered – but our grief has come with many lessons,' they say. Here, they share their advice on how to approach conversations with those who are grieving.

1 DON'T JUDGE OR MAKE ASSUMPTIONS ABOUT HOW LONG WE SHOULD GRIEVE OR IN WHAT ORDER OR STAGES. Everyone grieves differently. And don't ever ask a bereaved person to move on or find closure. Openings, yes. Closure, no. The reality is you don't stop loving your loved one after they have died. It's for us to decide how we get on with life.

2 DO THINK BEFORE YOU SPEAK. It can be hard to know what to say – and it's okay to admit that. Trying to describe our loss is hard for us, too. Please don't say you understand unless you really do – we don't need you to interpret our grief.

3 DON'T RUN AWAY FROM OUR GRIEF. Grief is frightening – for you and for us. But avoidance is not the answer. If you've tried calling and had no answer, send an email or text. Let us know that you're always there so that when the time is right, we can call you.

Continuing our series on grief, we'd love to hear your comments and thoughts on the subject. Email us at prima@hearst.co.uk.

4 DO ACCEPT WE MAY HAVE CHANGED. Grief's shock to the system can prompt a new way of looking at life. Our priorities may have changed, and we are finding ourselves again in what has become a very uncertain world. Have patience while we learn how to trust again; we may well act in ways that don't fit with the person you thought you knew and grief can be messy and angry.

5 DON'T BE AFRAID TO TALK ABOUT OUR LOVED ONE OR SAY THEIR NAME. We will not crumble or cry at the mention of their name – and even if we do, it's not you who has caused our tears. In any case, these tears will more likely be tears of joy that you have decided to share a memory with us. They are a kind of release, in the same way as laughter. More than anything, we want to talk about our loved one, to remember how they lived. Our greatest fear is when everyone stops talking about them, as though they never existed.

6 DO UNDERSTAND THAT SOMETIMES PEOPLE WILL HIDE THEIR GRIEF. Grief is exhausting and it's not something we necessarily always want to share. The bereaved can become very good at putting on a mask – and the longer it has been since their loved one died, the better they may become at hiding their grief. When you see them, they may laugh and joke, but that may be a cover for what's really going on. At times, the person grieving feels like they are living in a parallel universe, and they may want to do so alone. Don't be offended if you feel shut out; it's not personal and it's not about you or something you have done wrong.

7 DO SEE GRIEF AS A PERIOD OF GROWTH. There is much to learn from grief, even benefits to be had. It is only through suffering and discomfort that we can see change in ourselves and growth in our understanding of others.

- *When Words Are Not Enough: Creative Responses To Grief (Quickthorn Books) by Jane Harris and Jimmy Edmonds is out now; thegoodgriefproject.co.uk*

As told to Ella Dove **Photography** Getty

Secrets of the

The crowning of His Majesty The King on 6 May will bring in a new era,

New and old

King Charles III's Coronation – only the seventh in 200 years – will be pared back compared to his mother's nearly 70 years ago, with the ceremony expected to take just half the amount of time. The Duke of Norfolk, Earl Marshal (who was in charge of the ceremony surrounding the late Queen's funeral), has been tasked with leading the arrangements.

His Majesty's ceremony will be a pared back event

Order of service

The ceremony will be divided up into sections: the recognition and the oath, followed by the anointing and investiture before the crowning takes place. Afterwards, a closing procession will round off the Coronation. According to the Palace, the service will be solemn, religious and forward-facing, but the Coronation will also be rooted in long-standing traditions, pageantry and celebration.

The Gold State Coach has been used at every Coronation since 1821

Royal wardrobe

During the recognition and the oath, the monarch will wear a crimson surcoat (a short velvet cloak with a high collar, usually embroidered with gold) and Robe of State (the long mantle worn on top made of red velvet, gold embroidery, regal ermine and gold lace from Canada). The late Queen also wore an embroidered dress, with features that represented the seven independent states of which she was monarch as well as the UK's home nations.

Royal Collection staff lay out the late Queen's Robe of State

Queen Elizabeth II with her Coronation bouquet

Flora and fauna

Symbolism will be threaded through every stitch and seam; even the petals on display will be blooming with history. When the late Queen was crowned in 1953, her bouquet represented all four parts of the UK: orchids and lilies of the valley for England, stephanotis for Scotland, more orchids for Wales and carnations for Northern Ireland.

CORONATION

but behind every spectacular tradition lies symbolism steeped in history...

Crowning glory

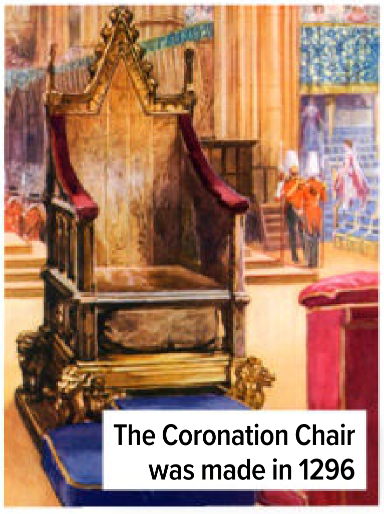
King Charles III will wear two crowns during the Coronation.

The Imperial State Crown, which was made for King George VI in 1937 and placed on the late Queen's coffin, will be worn at the end of the ceremony and during the procession in the streets. Its history goes back centuries – St Edward's Sapphire through the centre of the cross came from the ring of Edward the Confessor, and the pearls below the orb and cross are said to have belonged to Queen Elizabeth I. In total, the crown contains an astonishing 2,868 diamonds, 17 sapphires, 11 emeralds, four rubies, 269 pearls and weighs over 1kg.

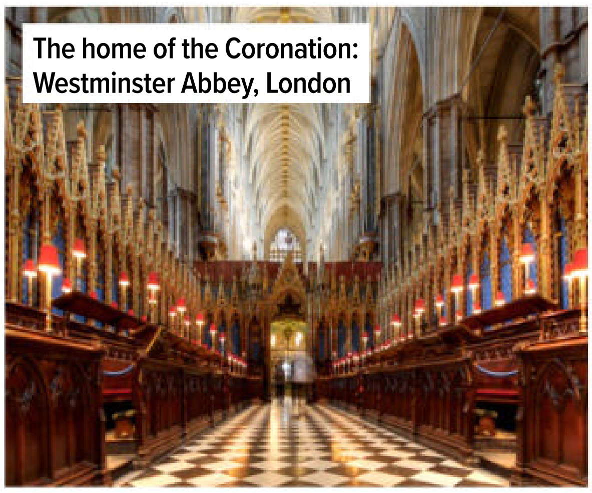
St Edward's Crown is the crown used at the moment of Coronation. It was made for Charles II in 1661 as a replacement for the medieval crown, which had been melted down in 1649. At 30cm tall and a hefty 2.23kg, this solid gold crown spends the rest of its time at the Tower of London and contains 444 gemstones, including 12 rubies, six sapphires, and 27 tourmalines. King Charles III was four when he attended his mother's Coronation, and recalls how she'd wear the crown at home to get used to its weight.

Throne

The crowning and anointing – the most sacred part of the ceremony – will take place with the monarch sitting in the historic Coronation Chair. Carved from oak in a gothic style, it was commissioned in 1296 by King Edward I. King Charles will be the 27th monarch to be crowned in the chair, which is believed to be the oldest piece of furniture in the UK still used for its original purpose. The King and Queen Consort will also have two new thrones made for the ceremony.



The Coronation Chair was made in 1296



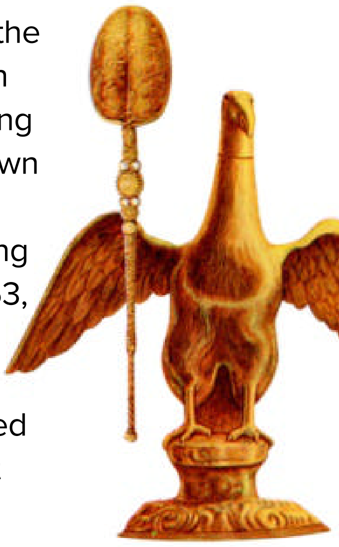
The home of the Coronation: Westminster Abbey, London

Symbols of sovereignty

During the investiture part of the ceremony, the monarch is presented with symbols of sovereignty. These include gold spurs (representing chivalry), a jewelled sword of offering (symbolising the protection of good) and golden bracelets (indicating sincerity and wisdom).

The Coronation Spoon and Ampulla

Before receiving the orb and sceptre, King Charles will be anointed with the Coronation Spoon (the oldest surviving item from the Crown Jewels) and gold Ampulla, containing the holy oil. In 1953, the moment of anointing was deemed too sacred to be broadcast on television.



Orb and Sceptre

The Sovereign's Orb signifies The King's role as 'God's representative on Earth' and will be placed in King Charles' right hand during the ceremony. Made up of gold, enamel and 600 precious stones, it was damaged in the attempted Crown Jewels theft in 1671.

There are two sceptres: The Sovereign's Sceptre with Dove symbolises spirituality and the Holy Ghost, while The Sovereign's Sceptre with Cross signifies authority and sovereignty.

The Sovereign's Orb and Sceptre with Cross

Words Bella Evennett-Watts Photography Getty, Alamy/Alamy Stock Photo

Thank you, King Charles!

Prince's Trust

Three women explain how their lives have been changed with help from royalty

One of our new King's shining legacies from his time as Prince of Wales is The Prince's Trust, a charity that helps young people aged 11 to 30 get into jobs, education and training. Founded in 1976 by the then Prince Charles, its aim was to help vulnerable young people get their lives on track. Since then, it's given a helping hand to more than one million young people across the UK. Here are three personal stories...

The Princess of Wales wearing Freya's earrings

A bridal shoe design featuring a pearl heel

'The Princess of Wales wore my earrings'

Freya Rose Archer, 42, lives in Southsea, Hampshire, with her partner, Matt, and children, Johnnie, 12, and Willow, four.

'I started my business at the same time as becoming a first-time mum 12 years ago. I was single, too, so combining raising my son with learning how to run a new business was incredibly tough at times.

With a family background in jewellery, I went to fashion college and fell in love with shoe design. I wanted to find a way of incorporating my knowledge and passion for jewellery with this new skill. After graduating, I travelled abroad and found artisan jewellers to partner with in Bali. But starting up my own business seemed impossible. It was difficult to get a business loan from any of the banks, so when I came across The Prince's Trust Enterprise scheme, it made a huge difference. Having the support of a mentor gave me basic business knowledge as well as instilling self-belief. I launched Freya Rose London with a £3,000 loan from The Trust.

The business grew organically, but the pandemic was difficult, especially as weddings came to a halt. But I designed an earring collection and they've been selling very well, allowing me to reinvest in the business, leading to a 500% increase in sales of all my products.

One pair of earrings was worn twice by The Princess of Wales, which gave the business a real boost – they sold out in 24 hours! The business is doing well and I now ship thousands of pairs of shoes worldwide.

Last year I was honoured to receive an Everywoman Award, for female entrepreneurs who have founded their businesses while raising young children. And I'm now an ambassador for The Trust's Women Supporting Women initiative. Some of the most talented people I've met have come from disadvantaged backgrounds and I feel passionate about how The Trust provides opportunities and mentorship to support people who've had a difficult start in life.'

Freya's Cher Noir party shoe

'I've gone from sleeping in an airing cupboard to running my own theatre schools'

Denise Hutton-Gosney, 50, lives in Penrith, Cumbria, with her husband, Jason, and their sons, Callum, 15, and Lewis, eight.

'Growing up, there were six of us living in a two-bedroom council flat in Glasgow. Until I was 10, I slept in the airing cupboard with my sister after Dad took the door off and squeezed in bunk beds. Money was so tight that Mum used to make a pint of milk last by topping it up with water.

But it was a loving family. I was sports mad and when I was 11, Mum managed to scrape together enough money for dance lessons. Though people were sceptical, I was determined to become a professional dancer.

At 18, I won a scholarship to a top stage school in Essex, but I couldn't afford the living expenses and had to drop out. Instead, I spent the next six years working as a dancer at Butlin's, The London Palladium and on cruises. But dancing isn't a job you can do for ever and I wanted to run my own theatre school.

I had no idea how to go about it until I came across a flyer for The Prince's Trust. I got on the Enterprise scheme and was assigned a businessman as a mentor.

He came with me to set up my first business account and we had regular meetings over coffee. He taught me something that really resonated: cash is king. It means not relying on credit to keep the business going. My dad had once run a butcher's, but he gave credit to lots of customers and went bankrupt.

I didn't want to make the same mistakes. Using all the knowledge I'd learned from The Trust, I set up my theatre school, Razzamataz, and worked every day of the week, teaching in village halls.

There are now 60 Razzamataz franchises. I'm also now an ambassador for The Trust and plan to become a mentor, helping other young people follow their dreams. I'm living proof that your background doesn't matter – with a bit of help, you can succeed.'

To find out more, or to donate to The Prince's Trust, visit princes-trust.org.uk.

Denise with her husband and sons

bfa HSBC
BRITISH FRANCHIS
AWARDS 2022

Denise (second from left) celebrates winning a British Franchise Award

'I wanted disabled kids to be able to join in the fun'

Leanne Evans, 32, lives with her partner in Melton Mowbray, Leicestershire.

'Although I was clueless about business, I was passionate about my idea to open a dance school for disabled children. I was 23 and still at university when I applied to The Prince's Trust for help.

I was brought up with my cousin Kim, who's eight years older than me and has cerebral palsy with complex needs. She often stayed with us, but was never able to join in the activities my two brothers and I went to: dance for me; football for them.

I was working as a carer to help me pay my way through uni when I had a lightbulb moment. Using my dance knowledge and my carer credentials, I could offer dance classes to disabled children. After approaching The Prince's Trust, I was paired with a mentor, Samantha, who helped me write a business plan and set realistic goals. I was given a grant to get my company, FTM Dance, off the ground.

To start with, only a handful of children turned up, but word slowly got around. I brought in staff to run the classes and fulfil all the kids' medical care needs, so everyone gets to join in, whatever their disability. We now operate in three counties and have 600 students. Kim is 40 now and knows she was the inspiration behind my idea.

I never would have imagined it would be so successful – it wouldn't have happened without The Trust. I'd love to meet King Charles one day and thank him in person.'

Words Sandra Walsh

The Coronation Meadow crest in royal purple

CORONATION
MEADOW

Red clover growing in the hay meadows at Denmark Farm

Bringing back our MEADOWS

King Charles has long been a supporter of nature, but his stunning Coronation Meadows project is one of his lesser-known achievements. Here's why these glorious areas are more important than ever...

King Charles in The Royal Meadow at Highgrove

In 2013, King Charles III (as the then Prince of Wales) launched the Coronation Meadows project to commemorate the 60th anniversary of his mother Queen Elizabeth II's coronation. Since then, 90 new meadows covering over 1,000 acres have been created. 'My Coronation Meadows idea came to me when I realised just how many wildflower meadows had been lost over the past 60 years,' says The King. The figures are indeed shocking: since the 1930s, the UK has lost a massive 97% of its wildflower meadows. King Charles had a vision for 60 new wildflower meadows – one for each year of the late Queen's reign at that point. His hope was that this would help rare and precious plants and pollinators to spread across the country. Thanks to The King's initiative, and with partners such as The Wildlife Trusts, Plantlife and the Rare Breeds Survival Trust, each UK county now has a flagship Coronation Meadow, meaning we can all visit these wonders of nature.

Eades Meadow, a Wildlife Trust reserve in Worcestershire

Great Folly Mead Coronation Meadow

BEST FOR...

STEPPING BACK IN TIME

DUNSDON MEADOW, DEVON

Dunsdon's purple moor grass, orchids and butterflies have remained unchanged over the years, making it the perfect seed donor site. Its wildflowers are also harvested to create new wildflower meadows nearby. Devon Wildlife Trust uses seasonal methods to maintain the site's beauty. Visit between May and September to see the grazing cattle and wildflowers.

Enjoy the wildflowers at Dunsdon Meadow, Devon

BEST FOR...

WILDLIFE

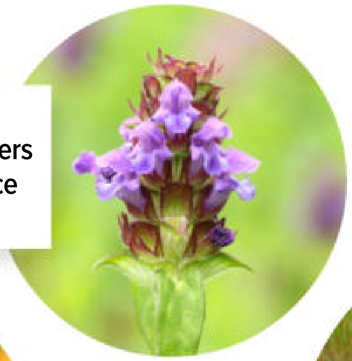
FOLLY FARM, BRISTOL

Tawny owls nest and roost on the farm, along with other birds, such as the nuthatch, buzzard and great spotted woodpecker; and you can see an extensive badger sett from the woodland path. In late summer, butterflies can be spotted among the black knapweed and devil's-bit scabious, making the meadows a perfect place to spot insects. Best visited between March and July.

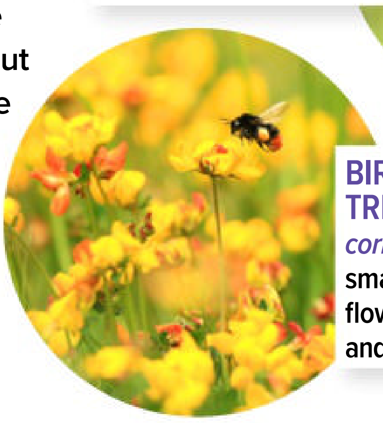
* * *

Wildflower watch

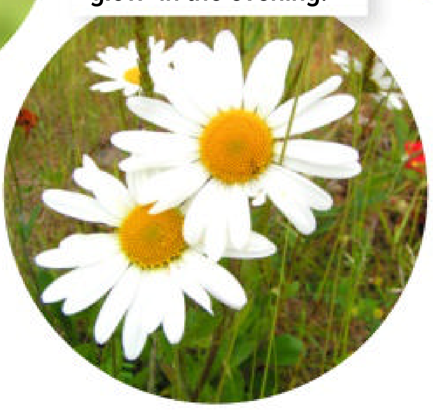
Here are a few common plants you might see while you're out enjoying these meadows...



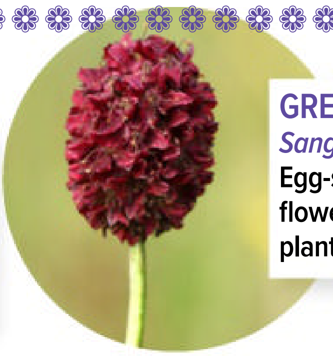
SELFHEAL *Prunella vulgaris* Its violet flowers provide a nectar source for bees and wasps.



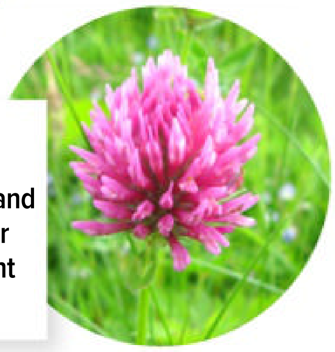
BIRD'S-FOOT TREFOIL *Lotus corniculatus* This has small, egg-yolk yellow flowers, reddish buds and downy leaves.



OXEYE DAISY *Leucanthemum vulgare* Its white flowers are so bright they appear to 'glow' in the evening.



GREAT BURNET *Sanguisorba officinalis* Egg-shaped, crimson flower heads give this plant the look of a lollipop.



RED CLOVER *Trifolium pratense* With trefoil leaves and red, rounded flower heads, this is sought after by bees.

Hannah's Meadow, Durham

A wooden footbridge crosses the River Thames in Oxfordshire

BEST FOR...

BIRDWATCHING

CHIMNEY MEADOWS, OXFORDSHIRE

Spanning 308 hectares and shaped by centuries of farming, it's hard to believe Chimney Meadows was once intensively cultivated farmland. Fields formerly planted with wheat and barley are now colourful, species-rich wildflower meadows. Wading birds, such as snipe, lapwing and redshank, flock to the ancient floodplains for refuge. In the wetland, you can glimpse herons, mute swans, little egrets and even the iconic curlew.

BEST FOR...

RARE FLOWERS

HANNAH'S MEADOW, DURHAM Once owned by the farmer Hannah Hauxwell, who lived alone at Low Birk Hatt Farm without the luxury of electricity or running water, this is now in the care of Durham Wildlife Trust. A Site Of Special Scientific Interest, it's home to many rare species of flowers, including frog orchids, adder's-tongue fern and moonwort.

Rod Wood Meadow, Staffordshire

BEST FOR...

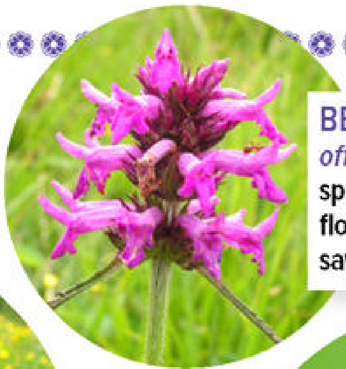
A SENSORY EXPERIENCE

ROD WOOD MEADOW, STAFFORDSHIRE

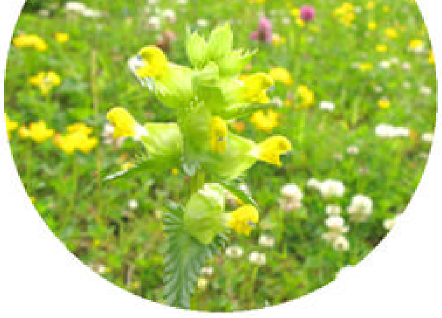
If you love the mindfulness of walking, this meadow is full of delights that will help you feel in tune with nature. As well as spectacular views across the Peak District and north Staffordshire, up close you can feast your eyes on the kaleidoscopic colours of the wet pastures and enjoy the refreshing scent of the water mint that grows there. Visit before mid-July when the fields are freshly cut and the grass is left to dry.

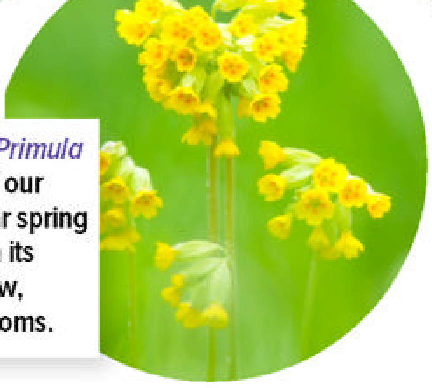
Find out more at coronationmeadows.org.uk or visit The Wildlife Trusts and Plantlife websites for details of when and where to see wildflowers and other meadow projects and appeals.

YELLOW RATTLE *Rhinanthus minor* Brush through a wildflower meadow in summer and you'll hear its seeds rattling in their pods, hence its name.

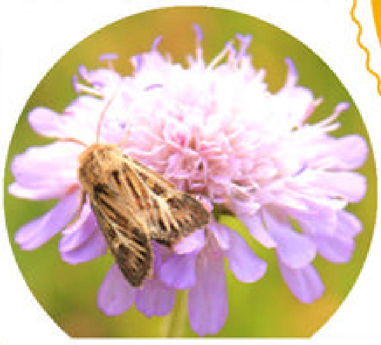


BETONY *Betonica officinalis* This has spikes of striking purple flowers and distinctive saw-toothed leaves.





COWSLIP *Primula veris* One of our most familiar spring flowers with its cheery yellow, nodding blooms.



FIELD SCABIOUS *Knautia arvensis* A member of the teasel family, this has long stalks ending in small, lilac, rounded flower heads.

MEADOW BUTTERCUP *Ranunculus acris* Its buttery yellow flowers pepper meadows with little drops of sunshine.

Words Bryony Gooch **Photography** Robin Bell/Coronation Meadows, Kieron Huston, Andy Bartlett, Jon Hawkins/ Surrey Hills Photography, Guy Edwardes/2020VISION, Marcus Byron, Vaughn Matthews, Richard Burkmar, Ross Hoddinott/2020VISION, Lee Schofield, Lucy O'Toole, Alamy

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The June issue of

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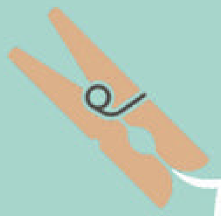
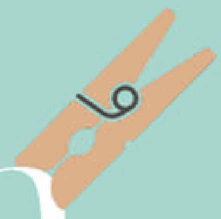


15 ways to a



Simple hacks to help you save pennies while caring for the planet

Getting our laundry done is one of those tasks we all have to do – but have you ever worried how much you spend each time you turn on your machine, or if you're using too much water? Cleaning expert Laura Mountford has written a new book, *Live, Laugh, Laundry*, to show us how we can all do our washing so it's that bit more eco-friendly and also to help us cut back on our energy bills.

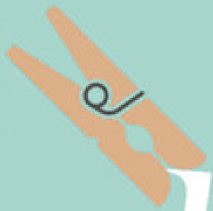
1 Consider the drum size when buying a new washing machine. A larger drum may use more energy to run, but it could also save you money in the long run since you can wash more in one load. 12kg+ is great for a large, active family. 7kg is ideal for a couple, while 6kg is suitable for one person.

2 Even if you use your washing machine every single day, you could still save £40.15 a year by switching from a 60°C wash to a 40°C one for clothes that just need a refresh. Go even lower (30°C and 20°C) to save more. However, you should always wash towels, bedding, underwear and cleaning cloths at 60°C for hygiene reasons.

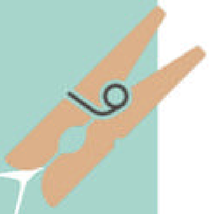
3 Add a cup of white vinegar to the fabric softener section of your washing machine drawer. It's a great natural deodoriser and will leave your towels lovely and fluffy, too.

4 Don't throw away old, dull white socks. Instead, refresh them by pre-treating them with an oxi stain-remover spray. Unlike bleach, it doesn't contain chlorine, so is safer to use on fabrics.

prima Getting Greener



happy washday



5 Powder detergents are usually the best value for money, but they're not always effective in cooler washes, as they need to dissolve properly to work.

6 Laundry gadgets can revive old clothes. Bobble removers shave all the bobbles off your clothes while handheld fabric steamers can be great for freshening up items that are awkward to wash, since the steam kills bacteria. Sock locks, which hook socks together in the washing machine so they come out in pairs, are another great gadget.

7 Laundry bars can be used dry for rubbing directly on to fabrics to treat stains before putting the item in the machine. They can also be used like a bar of soap to hand-wash delicates with warm water. You can also take a cheese grater and add shavings from the laundry bar directly into the machine.

8 Add an extra spin to your wash cycle to reduce the drying time – it's more energy efficient than a tumble dryer.

9 Remove underarm sweat and deodorant stains from garments by spraying generously with distilled white vinegar. Allow to work for at least 10 minutes before washing as normal.

10 Soap nuts are dried fruit shells harvested from soap berries. They grow on trees and contain a natural soap called saponin, which is released when it comes into contact with water. They've been used for thousands of years as a natural washing detergent and are available online.

Did you know?

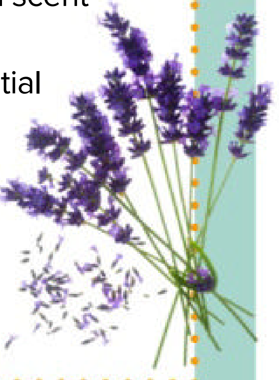
A small washing machine uses roughly 51 litres of water per wash. By dropping from four washes to three washes per week, you could save a whopping 2,652 litres of water a year.

11 Make clothes last longer by removing stains, so they look like new. Soda crystals can be used to boost your laundry detergent, helping to remove stains and soften the water, saving you money, as you'll need less detergent if you live in a hard water area. Simply add 1tbsp to your detergent with every wash.

12 Tumble-drying one full load (at 4.61kwh x 34p) a week will cost £81.64 a year, while four loads a week will cost £326.56.

13 Refillable pouches are a great solution to help reduce single-use plastic waste by reusing laundry bottles in your home. You can purchase refill pouches for both laundry detergent and fabric conditioner so that you use less plastic. There are recycling collection points for pouches across the UK. To find one near you, visit recyclenow.com/recycling-locator.

14 An easy way to add natural scent to laundry detergent is with essential oils, such as lavender or geranium. You can also make your own fabric softener by mixing essential oils into white vinegar.



15 Many detergents will effectively wash everyday fabrics at temperatures as low as 20°C – so 20 is the new 30! Unless you have a particularly soiled wash load or a sickness bug, there's no need to crank up the temperature.

Live Laugh Laundry

• *Live, Laugh, Laundry (Penguin Random House) by Laura Mountford is out 6 April*

Words Bella Evennett-Watts **Photography** Getty
Featured tips used at reader's own risk. Always follow manufacturer's instructions

MAKING LIFE SIMPLE FOR THE MODERN WOMAN

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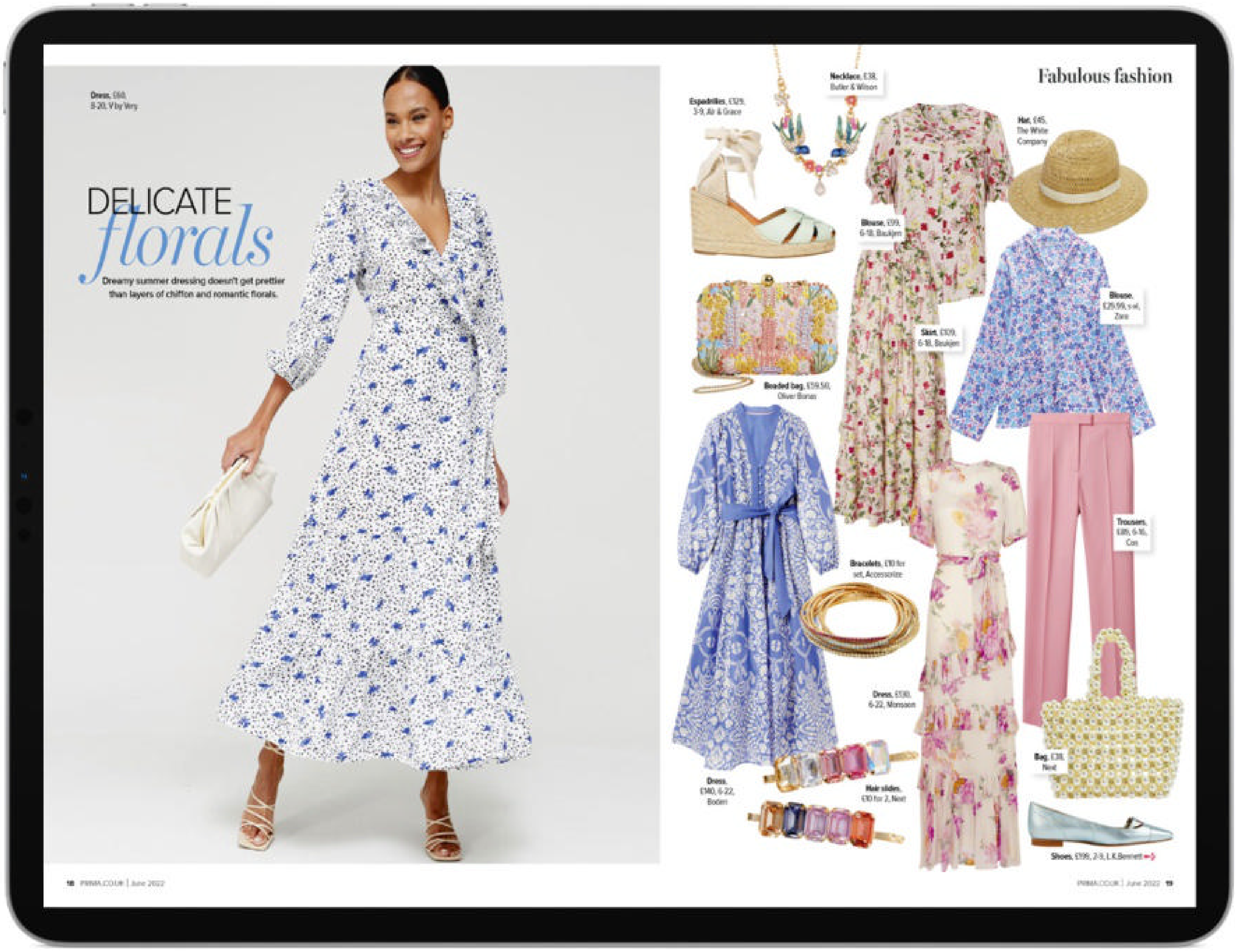
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> ‘I’m pretty robust, but there’s something about veins that makes me feel light-headed’

Can you ever get rid of VARICOSE VEINS?

For women (and men) cursed with this unsightly problem, it’s the one question always asked. So *Prima*’s editor, Jo Checkley, went to find out…

Between 30 and 40% of the population have varicose veins or hidden varicose veins. The visible ones are those lumpy, bumpy, bulging ones. The ‘hidden’ ones are, as the name suggests, slightly deeper under the skin but cause the same medical problems if left alone. And forget the old wives’ tales that they’re caused by hot baths or crossing your legs. The key reason for varicose veins is a strong familial history. For example, if your mother has them, then you have a 45% chance of getting them, too. This risk rises to 90% if both parents have them. The problems occur because the valves inside the veins stop working, causing blood to flow backwards and pool in the vein. And while the NHS doesn’t offer treatment on a purely cosmetic basis, varicose veins can cause some nasty symptoms, including aching legs, thread veins, swollen ankles, skin discolouration and even ulcers. Not least, they can really knock your confidence, with many women resigning themselves to wearing long skirts or trousers. It’s something editor Jo Checkley was only too conscious about when she last wrote about her quest for lovely legs. Back then, she discovered what problems she was facing and what treatment was needed. Here, Jo follows up with what happened next…

A QUICK RECAP

You last left me having visited The Whiteley Clinic in Guildford, Surrey, for a Venous Duplex Ultrasound Scan. That revealed I had ‘hidden veins’ in my right leg and that the more visible bobbly veins behind my left knee were caused by failing valves in my ‘perforator’ veins. I also knew that with a history of varicose veins in the family, my problems weren’t going to go away. ‘We can sort it all out very easily,’ Professor Whiteley, founder of The Whiteley Clinic, explained, saying that the treatment closes off the faulty veins. ‘It’s like fixing holes in a bucket,’ he said. ‘It makes the remaining veins work better and more efficiently.’

First steps

Everyone will need different treatment. The key thing to do first is to get a scan booked – you may be surprised that your problems are not as bad as you feared!

THE BACKGROUND

Professor Whiteley’s clinic gets top marks in the world of vein treatments, introducing non-surgical varicose vein procedures in the UK in March 1999. Before that, think of the old ‘remedy’ of stripping veins – something my mother had, with terrible results. The clinic’s pinhole varicose vein treatment stems from decades of research and leaves patients with the lowest possible rate of recurrence. Yet despite all this wonderful reassurance, the thought of actually having it done terrified me. I’m pretty robust when it comes to my health and pain thresholds, but there’s something about veins that makes me feel very light-headed.

TIME FOR TREATMENT

There was no avoiding it – the date finally arrived! As I walked into the clinic, I was a jittery mess, something the receptionist soon realised. ‘Can I get you a cup of tea?’ she offered immediately. There is something very calming about the clinic in Guildford (the group has four in the UK with Bournemouth, London and Bristol being the others). I was soon feeling calmer and in no time I was taken to have my legs marked up with a black pen. The marks tally with the results of the scan to show the problem areas to be treated.

THE PREP

Soon I was in theatre, where a whole team were ready for me. ‘This is for you to squeeze,’ the nurse said, handing me a foam stress ball. ‘It can really help take your mind off things.’ I began squeezing straight away! Then Professor Whiteley swooped in, gowned up and ready. ‘So, how are you today?’ he began cheerily and that was the start of almost two hours of us chatting as he worked on my legs. Apparently, research has shown the best anaesthetic for patients is to be engaged in conversation. It certainly worked for me. Professor Whiteley and I talked about everything from TV to politics and I found myself not even thinking about what was being done. Had I known, it would have been a different story because here’s what was actually going on…

Best bit

The kind attention of all the staff at the clinic. You are taken under their wings as soon as you arrive. Sometimes I forgot why I was there – it felt like a spa!

THE NITTY GRITTY

On my left leg (the better of the two), I had bilateral TRansLuminal Occlusion of Perforators (TRLOP), which basically means local anaesthetic, then a needle going into my bad vein, a catheter inserted, and the vein closed with enough heat to permanently shrivel up the vein. It was painful in a sharp, pricking way, the anaesthetic needle being the worst bit, but over quickly and certainly bearable. ‘This isn’t too bad,’ I thought. Then Professor Whiteley moved on to my right leg (the worse leg) and here I had endovenous laser ablation (EVLA) on the great saphenous vein, the small saphenous vein and the anterior accessory saphenous vein. That meant more anaesthetic injections all the way up the leg (the great saphenous vein is the longest in the body and runs to the top of your thigh) and a wire passed into the vein. This guides a laser fibre into the vein, which is then passed up the vein to the top – think the size of a Biro refill. The laser is switched on and the laser device is pulled back at a precise rate to make sure the vein is completely destroyed but without damaging any surrounding tissue. This was followed by repeating the TRLOP technique for the incompetent perforators in that leg, too (cue the stress ball). And finally, when that leg was done, Professor Whiteley got out his ‘crochet’ hook, moved back to my left leg and, with a quick tug, took out the bulging veins behind my knee. At the end, he said a cheery goodbye and it ➔

Clinical vascular scientist Charmaine Harrison and Professor Whiteley work on Jo as she lies back wearing protective glasses was left to a nurse to seal the pinprick holes on my legs with steri-tape, wind big white bandages round my legs and encase them in thick black support stockings. 'All done,' she said. Then, I was able to walk – yes, actually walk – to a reclining chair in the recovery room, where I was given another cup of tea. I sat there stupefied with relief. It was done, it was over and I already had images of my two beautiful new legs.

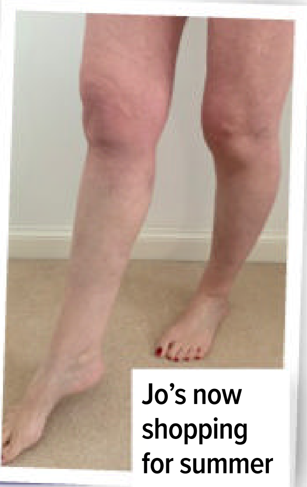
THE RECOVERY

This was surprisingly quick. The anaesthetic wore off but there really wasn't much pain and by the afternoon I was back in my jeans and walking the dog. The next day, the bandages came off, leaving the tape over the wounds (I confess I only glimpsed my very bruised legs at this stage), and the stockings went back on. By day three, the tape and the stockings could come off and I could have a shower. My legs felt delicate, and they were pockmarked where the treatment had been done. My right leg had strange numb spots up and down it where the nerves had been affected and it was sore, but it needed nothing more than the odd Nurofen. Best of all, I could walk around without any problems.

THE RESULTS

At my check-up a few weeks later, the bruising had gone, the red marks all healed and I had no bobbly veins at all. I still need the final stage of treatment – foam sclerotherapy – to remove remaining small problem or thread veins and stop the veins that were hooked out from growing back. Professor Whiteley says it will be 18 months from the first treatment until my legs are perfect but, to me, they're already fabulous! Yes, it isn't cheap but it's best to look at it as an investment, the same way you might fork out for a new car. The difference is I'm investing in my health and, as always, Professor Whiteley's words are ringing in my ears: 'The biggest risk you have with your veins is doing nothing at all.'

Next time: *I'll do a final photo reveal and let you know how I got on after the last stage of treatment.*



Jo's now shopping for summer dresses!

PRICES

Initial consultation from £290. HD Duplex Ultrasound Scan from £525. EVLA from £2,403. Ultrasound Guided Foam Sclerotherapy from £1,020

'The itching was driving me mad'

Janet Palmer, *Prima*'s contributing pattern consultant, was desperate for treatment for her painful condition and explains what she discovered…

'I have always had problems with varicose veins. They run in my family. Unfortunately, I had my veins "stripped" about 40 years ago when that was the only option. Sadly, as part of the healing process, these veins regrew but without valves, causing more problems. For me, that has meant suffering from venous eczema (the rough and itchy skin that develops on the legs). I know that if left untreated, the eczema can cause further skin damage or even leg ulcers. My symptoms were swollen ankles and itchy legs but it was the itching that was driving me mad.

> 'Every woman should have the right to healthy legs'

It got particularly bad last summer and I went to my GP, where a nurse prescribed a special moisturiser and knee-high compression hosiery – just what I needed in the heat! The underlying cause was not discussed so I assumed that because of my age – I'm 78 – this was something I would just have to live with. That was until I looked at The Whiteley Clinic website and discovered venous eczema is totally curable if treated correctly. So, I booked myself in for a scan and initial appointment with Professor Whiteley, hoping to have his revolutionary Sonovein treatment, which is 100% non-invasive. Ultrasound is beamed across the skin and focused on to the vein to be treated. However, once my legs were scanned, it seemed that the TRLOP procedure was more suitable, followed by ultrasound guided foam sclerotherapy about eight weeks later.

My treatment took about an hour in theatre under local anaesthetic using an endovenous laser device to close each faulty valve. After a brief rest at the clinic with my legs elevated, I could walk away and carry on as normal. The next day, I removed the dressings and bandages as instructed and on day three the steri-strips and compression stockings came off. I still need the foam sclerotherapy to complete my treatment but the itching has stopped! A lot of women simply put up with their problems, thinking they may be too old to worry about getting their legs sorted, but it's never too late. After all, shouldn't every woman, whatever their age, have the right to healthy legs?'

Photography Liz McAulay, Getty

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Do you have a health question you would like to ask Dr Sarah Brewer? Email her at prima@hearst.co.uk.

SARAH'S surgery

What you need to know about blood sugar

We've all heard of it, but how many of us actually know what blood sugar is, and why it's so important for good health? Dr Sarah Brewer is here to help

When we think about blood sugar, it's often in relation to diabetes, as high levels can cause the disease. But maintaining a normal blood sugar level is vital for everyone. Blood sugar provides crucial energy for all body cells, especially your brain, so if you've ever felt sleepy a couple of hours after lunch, it may be that your blood sugar fell too low. But blood sugar also has an impact on your mood, ability to shift weight and ward off disease.

And new research is revealing more about how blood sugar works. A large study called PREDICT – a collaboration between personalised nutrition company Zoe, King's College London and American researchers – has found that everyone handles sugar in a unique way. It also found that the gut plays a role in our blood sugar control, and blood sugar control changes around the menopause.

Diabetes Control
Actual Measurement
93
mg/dl

Your brain consumes around 25% of your blood glucose.

WHAT IS BLOOD SUGAR?

The term refers to the concentration of glucose within your circulation. One of your liver's most important jobs is maintaining these blood sugar levels so your brain can function properly. If blood glucose levels fall too low (or conversely, rise too high), you could become confused and exhausted.

When dietary sugar is plentiful, your liver stores any excess as starchy glycogen, so it can release glucose readily when needed. This liver glycogen is enough to see you through your overnight fast, for example, so your brain receives the sugar it needs. During longer periods of not eating, however, you need to raid your body's protein stores to make glucose in order to maintain your blood sugar levels.

SPOT A PROBLEM

Normally, your blood sugar levels are kept within a tight range. But this naturally rises after a meal, especially if you eat refined carbohydrates or sugar, triggering the pancreas to release insulin, which acts as the key to let sugar into your muscle and fat cells. This quickly brings your blood sugar levels back down – which can cause an energy slump. Low blood sugar levels can leave you feeling shaky, dizzy, anxious, irritable or confused and cause a fast heartbeat and sweating. If this happens regularly, seek medical advice.

High blood sugar levels are more common and occur when you don't produce sufficient insulin. Symptoms can develop slowly into type 2 diabetes, and you may notice weight gain and recurrent infections such as thrush, cystitis or skin boils.

Before diabetes, many people go through a stage called 'metabolic syndrome' or 'prediabetes' in which their ability to handle blood sugar is increasingly poor. In this stage, people tend to store fat around their waists, have raised blood fat levels (triglycerides) and high blood pressure. Around four out of five people go on to develop type 2 diabetes – but you can reverse this with diet and lifestyle tweaks.

LOOK AFTER YOUR LEVELS

The right foods provide a natural energy boost without causing unwanted swings in your blood sugar or energy levels. A Mediterranean-style diet of fresh fruit and vegetables, pulses, fish, lean meats, olive oil and garlic is one of the healthiest ways to eat.

Maintain blood sugar levels with a Mediterranean-style healthy diet

✔ **AIM TO REDUCE YOUR INTAKE OF SUGARY FOODS** such as biscuits, cakes, doughnuts and sweet desserts.

✔ **LIMIT YOUR INTAKE OF STARCHY FOODS** such as potatoes, rice, bread and pasta. Brown versions are better than white as these are less refined and contain some fibre to help slow the breakdown and absorption of dietary carbohydrates.

✔ **REDUCE PROCESSED FOODS** A wholefood diet provides fibre plus vitamins and minerals such as chromium and magnesium, which help to improve the way your body processes sugar.

✔ **ALTHOUGH MANY FRUITS ARE SWEET,** they contain a type of sugar (fructose) that has minimal impact on blood glucose levels. Watch dried fruits such as apricots, dates and figs, which are dehydrated and contain relatively concentrated amounts of fruit sugars, as it is easy to consume a lot of them.

✔ **MUNCH A HANDFUL OF NUTS AND SEEDS EVERY DAY** as they are rich sources of protein, magnesium, selenium and healthy fats. Almonds, brazils, pecans, pistachios, pumpkin seeds and walnuts are all great choices. Their oils are beneficial, too. Use olive oil or extra virgin coconut oil for cooking and extra virgin olive oil, walnut oil or almond oil in salad dressings.

✔ **EAT LITTLE AND OFTEN.** Having several small meals a day is better than the traditional three widely spaced meals. Grazing rather than gorging helps to maintain good blood sugar levels.

✔ **REGULAR EXERCISE IS KEY** to help burn off excess sugar as energy – but don't overdo it, and if you are unfit, build up your level of exercise slowly.

Seek medical advice if you're worried your levels are too high or too low.

WHY DIABETES IS SO DANGEROUS

Diabetes is a serious condition where your blood glucose level is too high. A raised blood sugar level is harmful because glucose attacks proteins in the circulation. This damages blood vessels and increases the risk of hardening and furring up of the arteries, high blood pressure, heart attack and stroke. Raised blood sugar levels also damage blood vessels in the eyes, kidneys and nerves, and can lead to loss of vision, kidney failure and painful nerve damage (neuropathy).

> 'The right foods provide energy without causing unwanted swings in your blood sugar'

SYMPTOMS TO LOOK OUT FOR INCLUDE:

- Excessive thirst
- Weight loss, despite hunger and increased eating
- Weight gain with difficulty losing weight
- Tiredness and fatigue
- Feeling unwell
- Recurrent infections such as cystitis, thrush and boils
- Blurred vision

Photography Getty

Advertisement Feature

BONE HEALTH SUPPORT

Looking after our bone health is vital as we get older, especially during and after the menopause. Menopace Calcium, from the experts at Vitabiotics, is an advanced supplement of 24 nutrients designed for this time.

The comprehensive formula includes 700mg calcium per daily intake, as well as magnesium and zinc, all of which contribute to the maintenance of normal bones. Plus it contains vitamin D, which assists with the absorption and usage of calcium, as well as the normal function of the immune system.

Menopace Calcium also provides vitamin B6, which helps to regulate hormonal activity, vitamin B1, which contributes to healthy heart function, and 100mg soya isoflavones.

Vitabiotics Menopace Calcium, RRP £12.50 for 60 tablets, is available from Boots, pharmacies, health stores and vitabiotics.com

Menopace
CALCIUM
NORMAL BONES
During & After
MENOPAUSE
24 NUTRIENTS
Nº1
VITABIOTICS

HEALTH myths... BUSTED!

Is fruit juice better for you than fizzy soda, and can stress actually turn your hair grey? We help separate the fact from the fiction

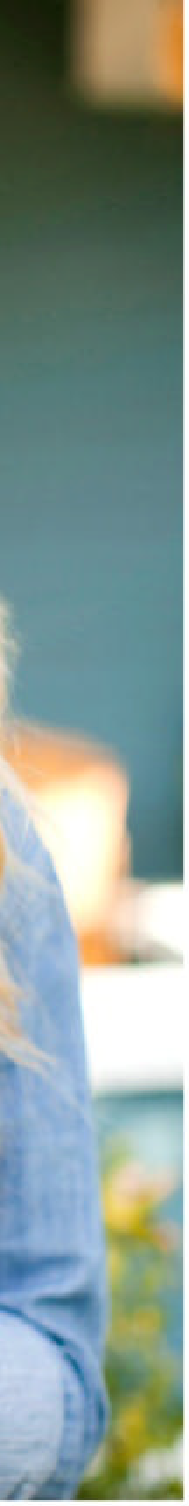
We've all heard our share of health-related 'facts' that actually aren't facts at all – from the idea that you should tip your head back to stop a nosebleed (which can cause blood to pool in your throat and make you vomit and worsen your bleeding) to the blanket advice to drink eight glasses of water a day, when individual daily hydration needs are actually based on a variety of factors. Here, we reveal the truth behind some of the most common health myths.

MYTH: Vegetarian diets are always healthier than ones with meat

THE VERDICT While there's loads of evidence that fruit and veggies are good for you, and plenty of studies show that a diet high in meat can up the risk of heart disease and cancers such as colorectal cancer, going vegetarian or vegan doesn't automatically make your diet healthy. 'Many foods that qualify as vegetarian aren't nutrient-rich,' says nutritionist Lainey Younkin. Sugary, processed foods may be vegetarian, but they lack fibre, protein and healthy fats, and many plant-based meat alternatives are processed and high in sodium, which may boost the risk of high blood pressure, heart attack and stroke. If you're minimising meat, build your diet with fruit, vegetables, plant proteins and wholegrains, and go easy on sodium, fat and sugar. When you choose processed plant-based products, look for whole food ingredients, such as beans, peas, grains, nuts, soy or tofu, and not too much salt.

MYTH: To cut back on sugar, swap fizzy drinks for juice

THE VERDICT Your average fruit juice contains about the same amount of sugar as sodas. Experts say no one should be drinking more than 240ml of juice daily. A study in *The BMJ* showed all sugary drinks, including 100% fruit juice, could increase the risk of developing cancer. Another, published in *JAMA Network Open*, showed fruit juice, like fizzy drinks, increased overall mortality risk. Your healthiest pour is water. To jazz it up, add orange or lemon slices, or even fresh herbs. If you want juice, reach for orange, which is one of the most nutrient-rich kinds, says nutrition researcher Kimber Stanhope. But stick to one small glass – or better yet, grab an orange!



MYTH: Migraines are just bad headaches

THE VERDICT In fact, migraine is a neurological disease that causes a slew of symptoms beyond pain, such as nausea; dizziness; trouble concentrating; sensitivity to light and noise; and speech and language problems. 'These other symptoms wouldn't necessarily happen with a headache,' says Dr Merle Diamond, medical director of the US-based Diamond Headache Clinic. 'A migraine is like a headache plus, plus, plus.' A migraine can disrupt life so much that one in four people with migraines report missing work or school and one in three report missing family or social activities because of symptoms. 'Migraine is the second most disabling disease in terms of lost hours of life,' says Dr Diamond. That means popping an aspirin might not cut it – you may need a prescription medication for the pain, so chat with your doctor or ask for a referral to a neurologist who specialises in migraine.

Words Kate Rockwood **Photography** Shutterstock, Getty

MYTH: If you didn't have allergies as a child, you won't have them as an adult

THE VERDICT Allergies can strike at any age, says immunologist Dr Carla Ward. They happen when your immune system mistakenly identifies a substance as harmful, then attacks it, releasing compounds that affect your sinuses, eyes, airways, skin and digestive system. 'It's not uncommon to develop allergies one or two seasons after moving to a new location, with exposure to new trees, grasses or weeds,' says immunologist Dr Joshua Davidson. Food allergies may arise in adulthood. Talk to a GP if you notice hives, mouth swelling or tingling, abdominal pain or wheezing within two hours of eating – an allergy specialist can help figure out the cause.

MYTH: Staring at screens will ruin your eyes

THE VERDICT While you don't need to stress about permanent damage to your peepers, the blue light from electronic devices can make eyes feel tired and may give you eyestrain and dry eyes because you're blinking less than usual as you stare, says optometrist Dr Chris Easley. To combat temporary eye issues caused by screen time, consciously blink more often; keep your prescription for glasses or contacts up to date; and give your eyes regular breaks, including looking into the distance, so they can rest and refocus.

MYTH: Stress can make your hair turn grey overnight

THE VERDICT Sudden onset of intense stress (such as a death, major surgery or a serious illness) can damage the melanocyte cells that produce hair pigment, bringing in greys – but this takes months to become visible, says dermatologist Dr Adam Friedman. Conditions such as hypothyroidism and deficiencies in vitamin B12 or copper may also increase stress-induced greying. But a rare type of alopecia areata, in which pigmented hairs fall out leaving greys behind, could give the impression of overnight greying.

MYTH: Sore from exercise? You should rest

THE VERDICT Aching muscles aren't a signal to sit on your sofa all day – some soreness is normal. Try a leisurely walk or gentle yoga to keep blood flowing. To minimise aches, avoid working the same muscles on back-to-back days. Alternating ice and heat can also help, says sports science professor Michele Scharff Olson. But an exception is persistent, sharp pain – that could be a sign of injury, so if that's what you're feeling, rest. If the pain stays around longer than a couple of days, consult your doctor.

That's the wedding OUTFIT SORTED!

Prima's Helen Johnson stepped in to help two mothers of brides and a mother of the groom prepare for the big day

MEET OUR MUMS!

Alison Clayton, 59, from Northampton, is a teacher. Her daughter Becky is getting married in May.

Ann Newbould, 53, from Sheffield, is an administrator. Her son Alex is getting married in September.

Serena Williams, 64, from Colchester, is a retired headteacher. Her daughter Molly is getting married in December.

COLOUR PLAY

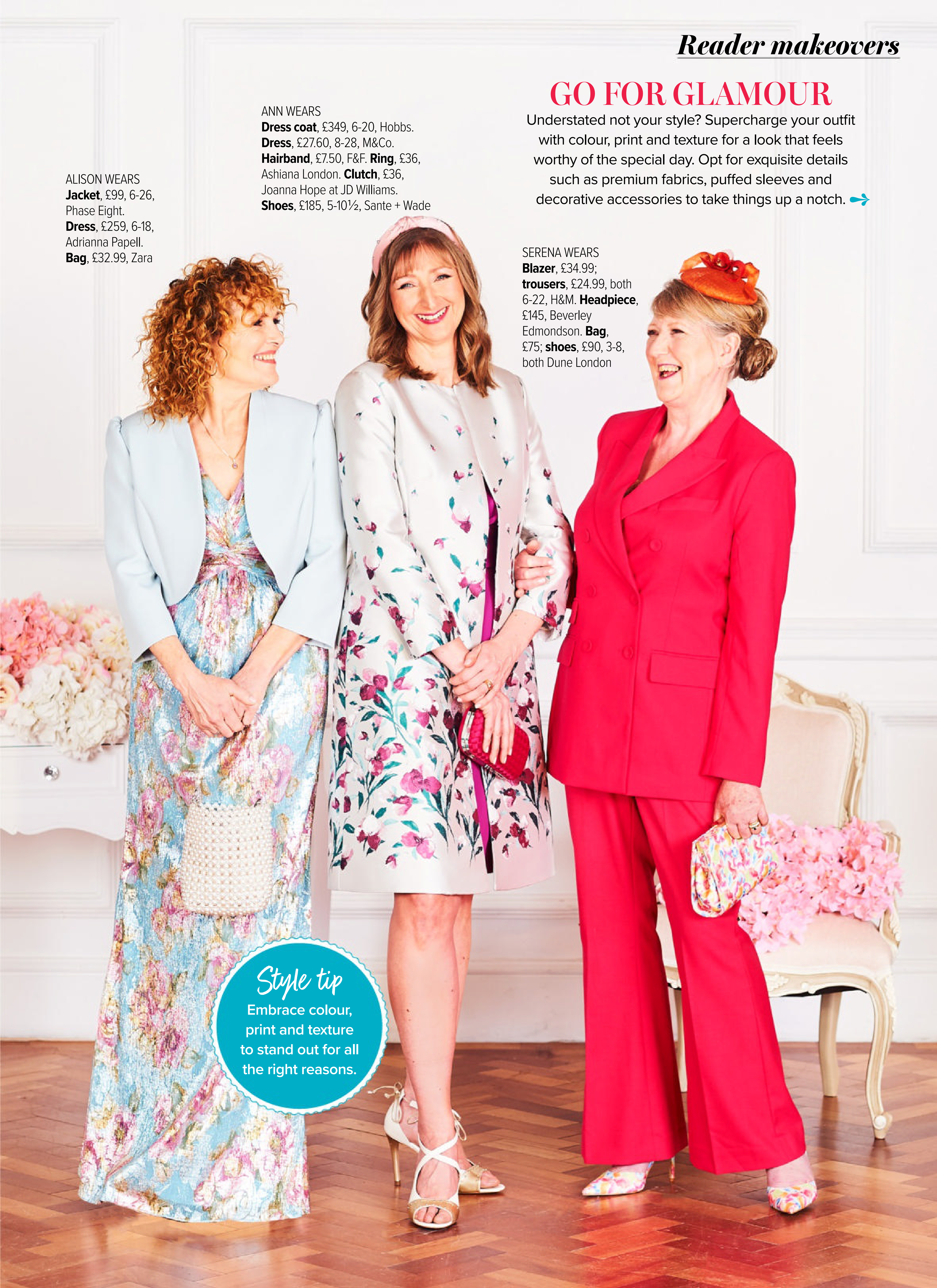
Consider how your colour choice will look in photos, against the setting and next to your complexion. There's no need to blend into the background. Stronger hues such as emerald, fuchsia and cobalt look stunning on most women.

ALISON WEARS
Dress, £199, 4-20, Whistles.
Hairband, £26, Accessorize.
Necklace, £34.50; **bracelet**, £39, both Ashiana London.
Shoes, £13, 3-8, Primark

Amour French armchair, French Bedroom

GO FOR GLAMOUR

Understated not your style? Supercharge your outfit with colour, print and texture for a look that feels worthy of the special day. Opt for exquisite details such as premium fabrics, puffed sleeves and decorative accessories to take things up a notch. ➔



ALISON WEARS
Jacket, £99, 6-26, Phase Eight. **Dress**, £259, 6-18, Adrianna Papell. **Bag**, £32.99, Zara

ANN WEARS
Dress coat, £349, 6-20, Hobbs. **Dress**, £27.60, 8-28, M&Co. **Hairband**, £7.50, F&F. **Ring**, £36, Ashiana London. **Clutch**, £36, Joanna Hope at JD Williams. **Shoes**, £185, 5-10½, Sante + Wade

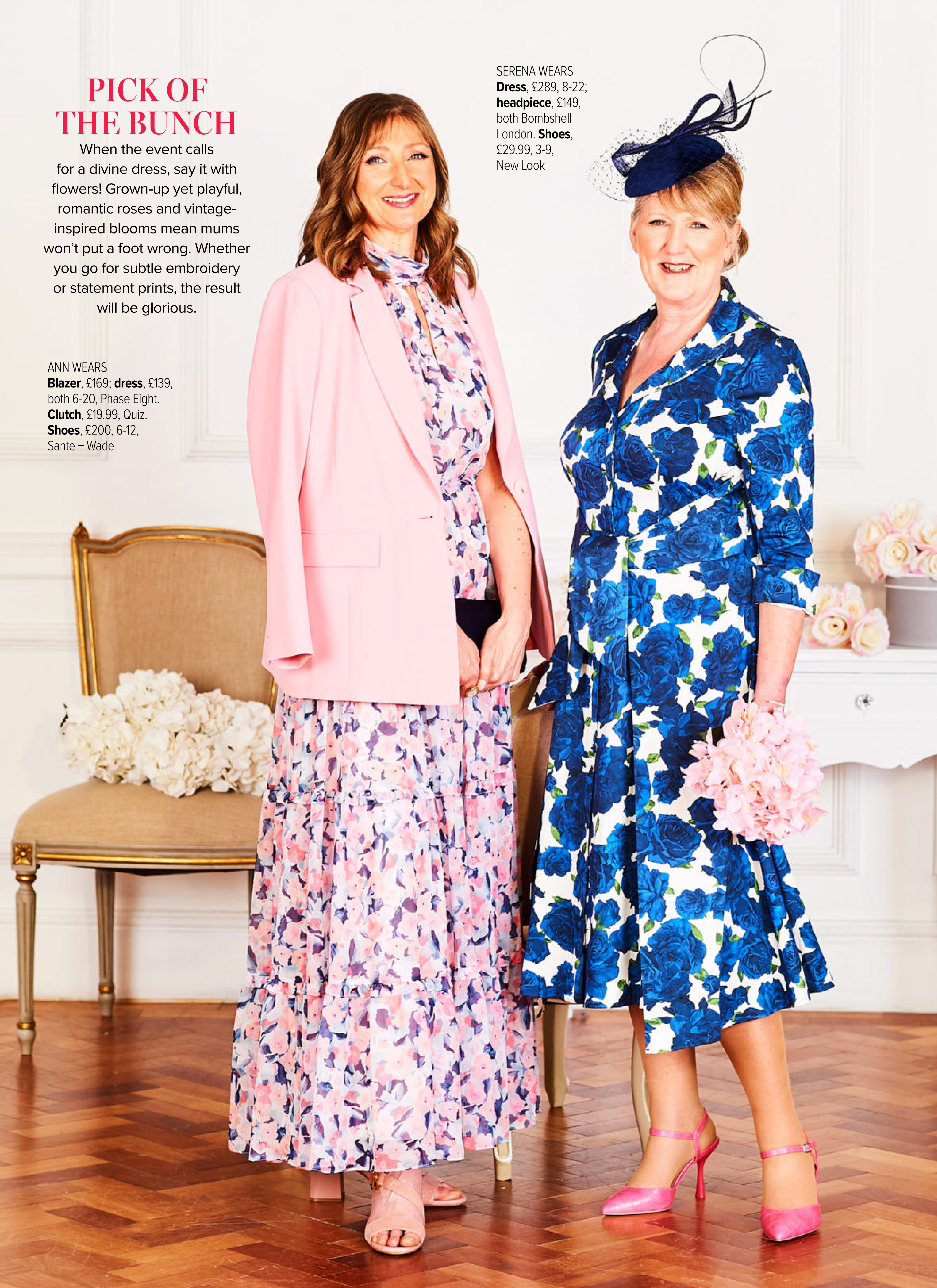
SERENA WEARS
Blazer, £34.99; **trousers**, £24.99, both 6-22, H&M. **Headpiece**, £145, Beverley Edmondson. **Bag**, £75; **shoes**, £90, 3-8, both Dune London

Style tip

Embrace colour, print and texture to stand out for all the right reasons.

PICK OF THE BUNCH

When the event calls for a divine dress, say it with flowers! Grown-up yet playful, romantic roses and vintage-inspired blooms mean mums won't put a foot wrong. Whether you go for subtle embroidery or statement prints, the result will be glorious.

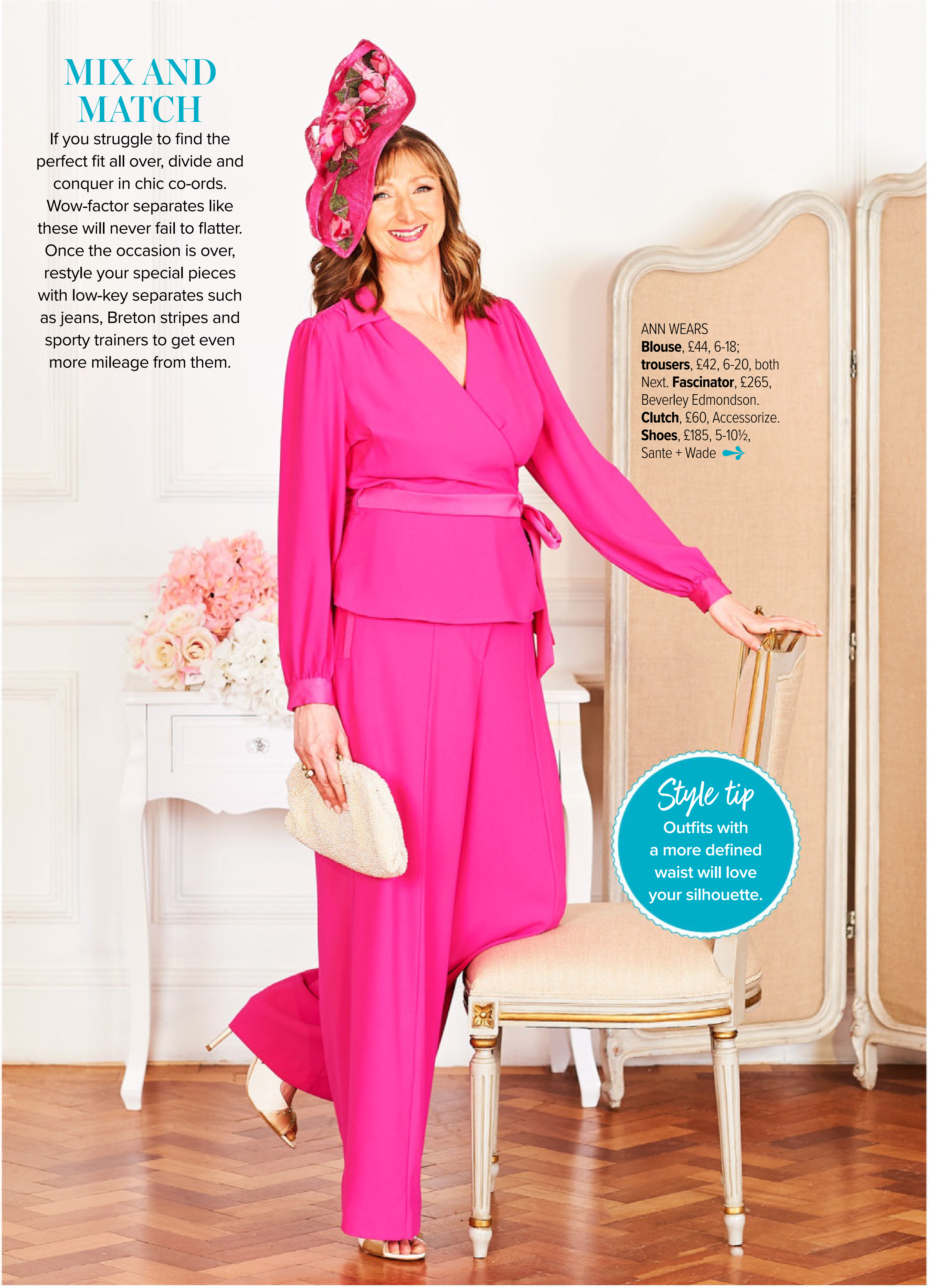


SERENA WEARS
Dress, £289, 8-22; **headpiece**, £149, both Bombshell London. **Shoes**, £29.99, 3-9, New Look

ANN WEARS
Blazer, £169; **dress**, £139, both 6-20, Phase Eight. **Clutch**, £19.99, Quiz. **Shoes**, £200, 6-12, Sante + Wade

MIX AND MATCH

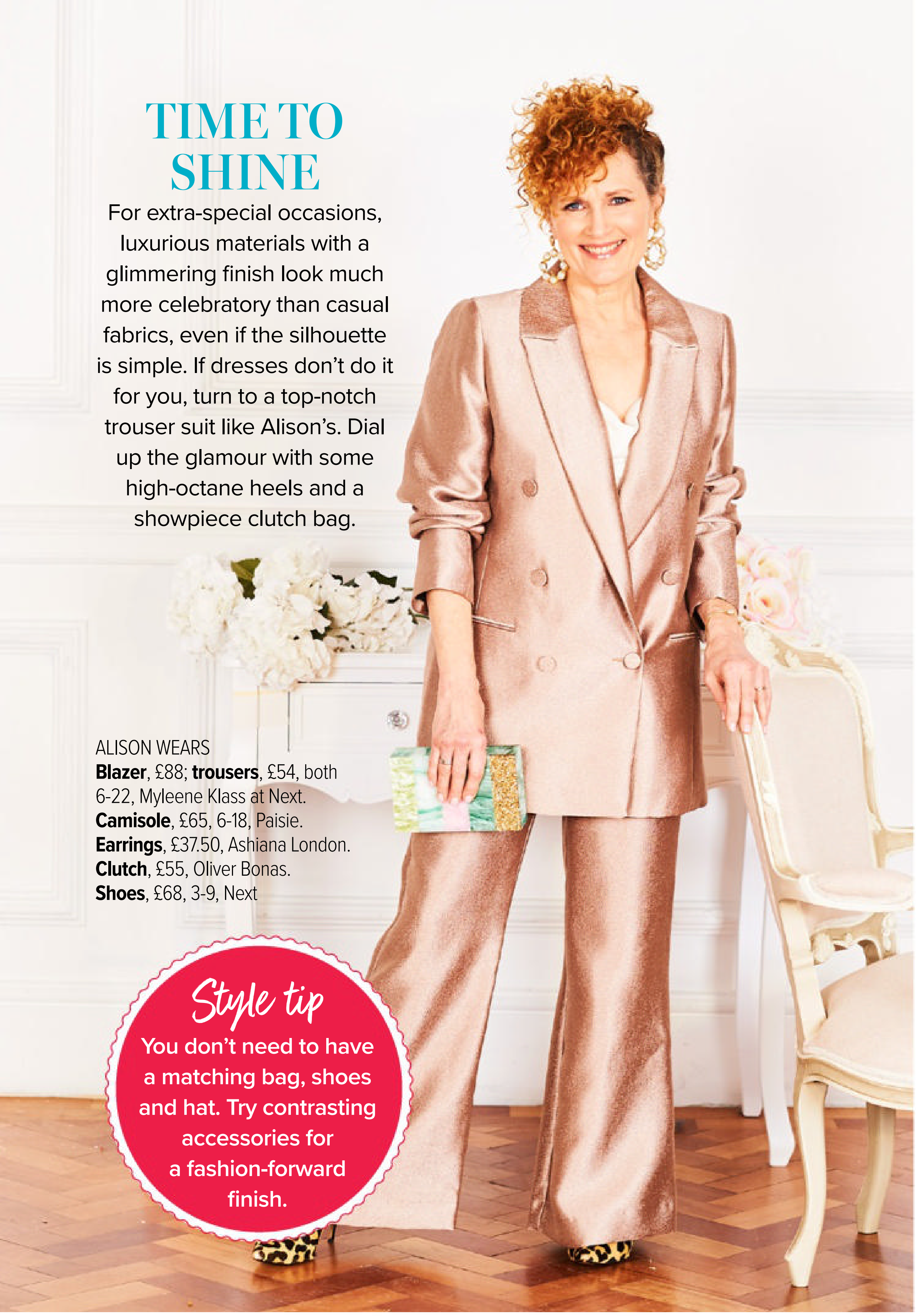
If you struggle to find the perfect fit all over, divide and conquer in chic co-ords. Wow-factor separates like these will never fail to flatter. Once the occasion is over, restyle your special pieces with low-key separates such as jeans, Breton stripes and sporty trainers to get even more mileage from them.



ANN WEARS **Blouse**, £44, 6-18; **trousers**, £42, 6-20, both Next. **Fascinator**, £265, Beverley Edmondson. **Clutch**, £60, Accessorize. **Shoes**, £185, 5-10½, Sante + Wade →

Style tip

Outfits with a more defined waist will love your silhouette.



TIME TO SHINE

For extra-special occasions, luxurious materials with a glimmering finish look much more celebratory than casual fabrics, even if the silhouette is simple. If dresses don't do it for you, turn to a top-notch trouser suit like Alison's. Dial up the glamour with some high-octane heels and a showpiece clutch bag.

ALISON WEARS
Blazer, £88; **trousers**, £54, both 6-22, Myleene Klass at Next.
Camisole, £65, 6-18, Paisie.
Earrings, £37.50, Ashiana London.
Clutch, £55, Oliver Bonas.
Shoes, £68, 3-9, Next

Style tip

You don't need to have a matching bag, shoes and hat. Try contrasting accessories for a fashion-forward finish.

Dress yourself gorgeous in 3 steps

Feel relaxed, comfortable and ready for the day. Here are our top tips…

1 **Don't leave it to the last minute.** Shop at least three months before to allow time to try lots on, order alternative sizes and arrange any necessary tailoring. Feeling overwhelmed? Don't be afraid to seek expert help. Try the mother-of-the-bride section at your local bridal boutique, or enlist a personal shopper on the high street at John Lewis & Partners, Hobbs or Phase Eight.

2 **Consider the demands of the day.** You're likely to be on your feet all day: greeting guests, having pictures taken and then maybe hitting the dancefloor. Choose a heel height that works for you and pack plasters in case your footwear starts rubbing. When trying it on, put your outfit through its paces and ensure it doesn't need frequent adjusting or attention – you'll enjoy the day so much more if you can relax and forget about what you're wearing.

3 **Keep an open mind.** Mother-of-the-bride style etiquette is constantly evolving and has become more relaxed. Factor in the time of year, what colour the bridesmaids are wearing and how formal the occasion will be. Be willing to try new silhouettes, colours and lengths – the results might surprise you!

How to wear a hat or headpiece

- **Your headpiece should enhance your whole look,** so take your outfit when you try them on.
- **Consider the proportions of your outfit.** If you've chosen a 1950s-style flared dress or skirt, mirror the fullness with a wider brim or statement shape. If your outfit is neat and chic, a structured beret or pillbox will work well.
- **Bear in mind how a headpiece will look from all angles.** During the service it'll be seen from behind, during the breakfast, from the front. Wide brims can cause shadows across the face that will affect how you look in photos.
- **Think about your hair.** With a hat you're likely to get 'hat hair', so if you'll take it off later in the day opt for a style that won't get too dishevelled. Most fascinators are worn at an angle, so style hair to flatter your preferred side and work with your parting.
- **Beware of over-matching!** A complementary headpiece can look lovely, but a new accent colour can add depth and drama.
- **Backcomb your hair a little to keep a headpiece in place,** and take some hair grips with you.
- **Don't feel you have to wear a headpiece.** Beautifully styled hair will look just as polished. Or try a glitzy hair slide or hairband.

SERENA WEARS
Shirt, £79, 6-18, Hobbs. **Skirt**, £159, 8-16, Raishma. **Headpiece**, £115, Beverley Edmondson. **Bracelet**, £39, Ashiana London. **Shoes**, £29.99, 3-8, Linzi

Style tip

Your cover-up shouldn't be an afterthought. Be prepared for unpredictable weather and keep a gorgeous jacket on standby.

ANN WEARS
Jacket, £70, 6-26, Next. Outfit, as before

ALL FOR ONE

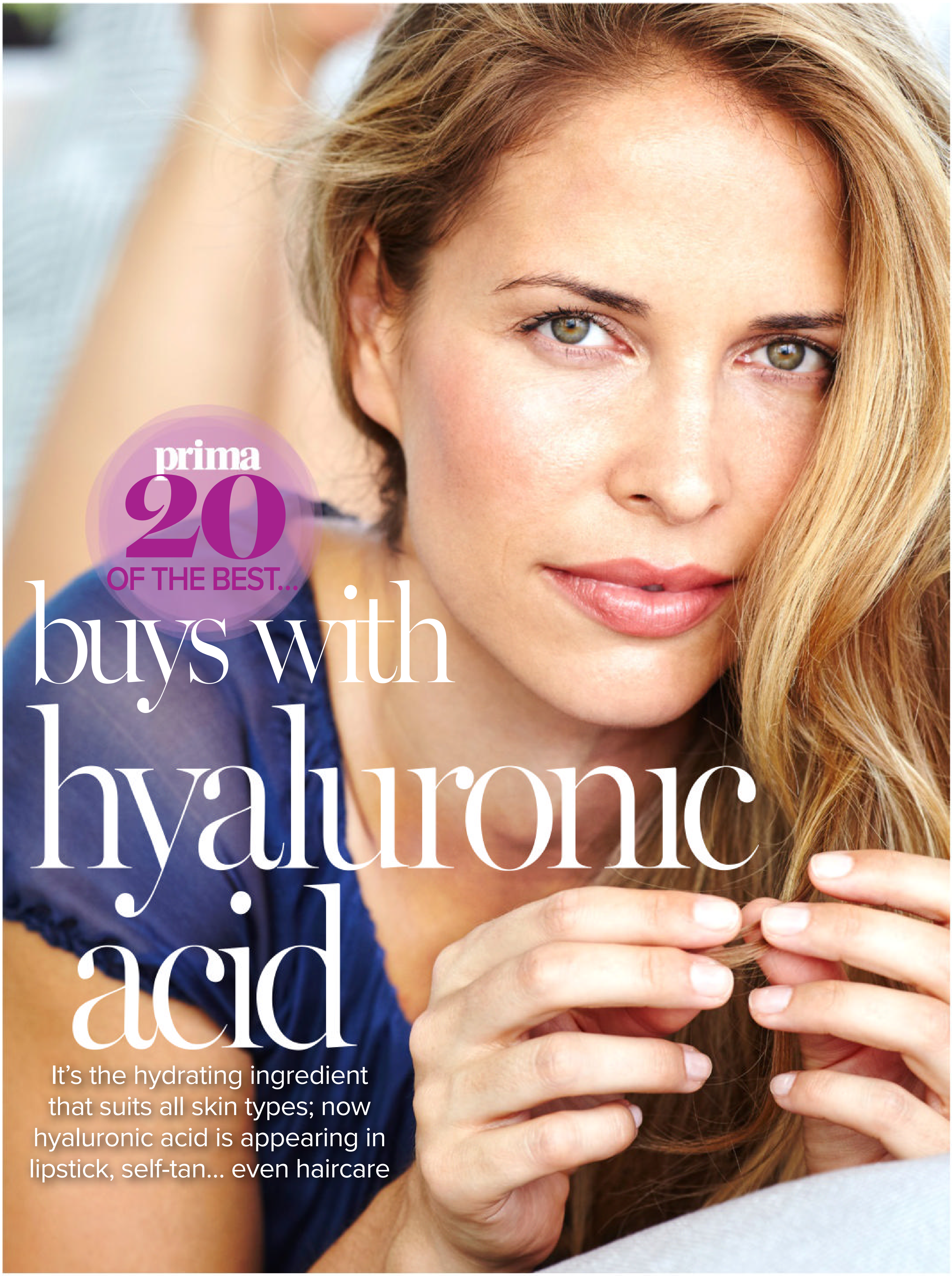
Struggling to find a complete look? Invest in one showpiece item, such as an oh-so-fabulous full skirt, brocade jacket, opulent trousers or knockout pair of shoes. Use this piece as your base, then mix and match it with other upscale separates to create a showstopping outfit with impact.

ALISON WEARS
Dress, £159, 6-18, Oasis. **Earrings**, £39, Ashiana London

Q ‘Traditional MOTB outfits just don't feel like me! How can I show off my personal style while still dressing appropriately for the event?’

Many of us aren't used to formal occasions and feel a lot of pressure to get it just right. That feeling is magnified all the more when you're part of the bridal party. If wedding shopping takes you completely out of your comfort zone, consider your favourite silhouettes, colours and outfit combinations and then shop for dressier versions of these items. Seek out glamorous fabrics such as lace, jacquard, satin, velvet or brocade, and use glistening accessories to up the glam factor. If you normally live in jeans, why not try a smart trouser suit? If you prefer to keep legs covered, why not try a fabulous floaty maxi dress or a belted blazer over a pair of breezy palazzo trousers? If you like more relaxed pieces, why not forgo traditional tailoring for a billowing bohemian skirt and blouse? Be true to what works for you, and you won't put a foot wrong.

Photography Liz McAulay **Styling, writing and production** Helen Johnson **Styling assistant** Nicole Hutt **Hair and makeup** Anna Durston and Mariam Jensen. With thanks to Hobbycraft and Primark (faux flowers), Melody Maison (dressing table), French Bedroom (chairs)



prima 20 OF THE BEST...

buys with hyaluronic acid

It's the hydrating ingredient that suits all skin types; now hyaluronic acid is appearing in lipstick, self-tan... even haircare

It doesn't feel that long ago that hyaluronic acid (HA) first burst on to the skincare scene. It's a useful ingredient and also something that our bodies produce naturally. A molecule that's capable of holding many times its own weight in water, HA plays a key role in moisture retention all over the body, including the skin, where it regulates hydration levels, keeps the surface looking plump and line-free, and helps keep sensitivity at bay. Levels naturally decline from the age of about 20, and what's left isn't helped by environmental factors, such as UV light or stress, which is why a good HA serum has become a smart buy for healthier skin. And now, HA is making its way into cleansers, eye cream, makeup and more.

1

Light-touch moisture

Olay spent two years researching the ultimate hydrating formula. The resulting blend of HA, glycerine and niacinamide appears in a lightweight range suitable even for oily and combination skin. Try the **Hyaluronic 24 + Vitamin B5 Day Gel Cream**, £38.

OLAY
HYALURONIC 24
+VITAMIN B5
DAY GEL
FRAGRANCE-FREE

e.l.f. SKIN
HOLY HYDRATION!
MAKEUP MELTING CLEANSING BALM
with hyaluronic acid + peptides

2

A deeper cleanse

We like our cleansers silky and non-stripping. **e.l.f. Holy Hydration! Makeup Melting Cleansing Balm**, £10, with HA, ceramides and peptides, has an ultra-hydrating consistency that's not too thick and feels far more luxurious than the price point.

3

LA ROCHE-POSAY
HYALU B5
SERUM

Instant de-puff

The new **La Roche-Posay Hyalu B5 Eye Serum**, £32, leaves you looking instantly more alert. It has circulation-boosting caffeine, two different weights of HA and vitamin B5.

4

Fast fix

A spritz of mist is a great way to revive a tired, dry or dehydrated complexion throughout the day. With refreshing aloe vera and glow-inducing glycerine, **Q+A Hyaluronic Acid Face Mist**, £6.50, is a handy pick-me-up for days when your skin needs a little bit extra TLC.

Q+A
HYALURONIC ACID
Face Mist
100ml ℮ 3.6fl.oz

5

The barely there SPF

Like your sunscreen to look and feel invisible? Packed with HA and moisture-retaining glycerine, **Eucerin Hydro Protect Ultra-Light Fluid SPF50+**, £20, transforms into a water-like consistency that sinks into the skin without leaving a sticky film or white cast, while harnessing the highest level of UVA and UVB protection.

WHAT'S IN A WEIGHT?

'As a humectant – which draws moisture into the skin – HA helps to improve hydration, as well as the appearance of fine lines,' says Dr Emma Wedgeworth, consultant dermatologist for La Roche-Posay. To do that well, it needs to target multiple layers of skin, which is where products that are formulated with different sizes – or weights – of the HA molecule come in. 'Larger molecules work on the skin surface to reduce wrinkles and re-plump the skin, while smaller molecules penetrate the deeper layers to increase skin volume,' explains Dr Wedgeworth. ➔

SCULPTED
AIMEE CONNOLLY
TINT & GLOW
SKIN ENHANCER

6 Radiance in a tube

For a your-skin-but-better glow, **Sculpted by Aimee Tint & Glow SPF30**, £23, is of the best tinted moisturisers to land on the *Prima* beauty desk. HA and niacinamide deliver a dewy finish, and because a little goes a long way, you can rest assured this tube will last.

BYOMA
DE-PUFF + BRIGHTEN EYE GEL
BOOSTED BARRIER, BETTER SKIN.

7 Cold therapy

Alongside vitamin C and Byoma's signature complex of nourishing ceramides, cholesterol and fatty acids, the new **De-puff + Brighten Eye Gel**, £12.99, contains three types of HA, and has a pleasant cooling sensation.

L'ORÉAL
ELVIVE
HYDRA [HYALURONIC]
8 second
NEW
WONDER WATER
LAMELLAR CONDITIONER
[HYALURONIC ACID]
DEHYDRATED HAIR

8 Hair saviour

L'Oréal Paris has combined the strand-reviving powers of its hyaluronic-infused haircare range with lamellar water technology in **Elvive Hydra [Hyaluronic] 8 Second Wonder Water**, £11.99: as well as conditioning, this coats the hair in a light-reflecting film for extra shine points.

CARE FOR HAIR?

Just as it's suitable for all skin types, HA can be used on all hair types and textures without weighing it down. With the added benefit of providing moisture to the scalp, some products also give a temporary plumping effect that adds volume by filling out the hair shaft. Molecular weights matter here, too, says Dr Sharon Wong, consultant dermatologist and hair and scalp expert. 'Larger molecules seal the cuticles for smooth, shiny and softer hair, while smaller molecules penetrate deeper into the hair shaft.'

9 Two-in-one makeup base

Is it a serum; is it a primer? **The Body Shop Hemp Serum-In-Primer**, £20, doubles as makeup prep, with HA and hemp seed oil working together to plump and hydrate the skin, while extending the wear of your base products by up to 12 hours.

THE BODY SHOP
HEMP
SERUM-IN-PRIMER

10

The high-protection body cream

Japanese brands have long pioneered the use of HA in skincare, with Hada Labo Tokyo a firm beauty editor favourite. The **Sun Lotion SPF50**, £18.95, is a lightweight, non-greasy sunscreen that goes on beautifully and leaves a glossy sheen.

JAPANESE SUN PROTECTION
SUN
HADA LABO TOKYO
SUPER MOISTURIZER SUN LOTION
SPF 50
WATER RESISTANT
FAST-ABSORBING

GLOW AND GROW
glow-boosting nail treatment
NAILS.INC
LONDON

13

Stubby nails, begone!

Nails Inc Glow And Grow, £9, treats nails with HA and raspberry leaf extract to keep them nourished and encourage stronger growth; and we love the pretty pink tint! Apply twice weekly, either on its own or under nail colour.

14

Lips with benefits

A matte lip doesn't mean compromising on comfort, say the scientists behind the new **Avon Hydramatic Matte Lipstick**, £10. They've formulated 15 shades with 50% skin-nourishing ingredients, including HA and glycerine.

11

A haircare ritual

Comb **The Inkey List Hyaluronic Acid Hydrating Hair Treatment**, £10.99, through wet hair after washing to inject moisture and tame frizz. Use once or twice a week for soft and nourished hair.

HYALURONIC ACID HYDRATING HAIR TREATMENT
THE INKEY LIST

12

For brighter eyes

Max Factor's creamy and hydrating **Miracle Pure Concealer** with hyaluronic acid and vitamin C, £9.99, delivers a radiant crease- and cake-proof finish, giving medium coverage that is easy to build with its soft-tip applicator.

MAX FACTOR
MIRACLE PURE
CONCEALER
24H HYDRATION
HYALURONIC ACID + VITAMIN C
VEGAN

15

Daily skin plumping

Clarins Hydra-Essentiel [HA^2] Cream SPF15, £38, pairs HA with edelweiss extract – a powerful antioxidant, which also boosts elasticity. An everyday option that leaves normal to dry skin supple and plump.

16

Stronger hair while you snooze

An overnight treatment made specifically for coloured hair, **Pantene Pro-V Miracles Wake Up Glossy Night Repair Hair Serum**, £20, bolsters porous strands with a blend of biotin and HA. You wake up with hair that looks sleeker and is less likely to break over time. ➜

PANTENE
PRO-V miracles
wake up glossy
PRO-V
NIGHT REPAIR HAIR SERUM

17

Self-tan as self-care

Self-tan has come a long way. **St. Tropez Self Tan Luxe Body Serum**, £35, is infused with HA, niacinamide and a collagen-boosting complex to deeply hydrate while giving skin an all-over glow. Bonus points for the uplifting floral scent.

18

Sensitive skin soother

While some hyaluronic serums fall flat on texture, **CeraVe Hydrating Hyaluronic Acid Serum**, £19, is a thicker gel-cream that leaves no stickiness behind. It also contains the brand's patented ceramide complex, to ease sensitivity by nursing a damaged skin barrier back to health.

19

Glow by the drop

It's transparent, it's fragrance-free, and it gives skin a plumped-up, believable-looking glow. Add four to 12 drops of Garnier Ambre Solaire HA and coconut water-infused **Natural Bronzer Self-Tan Face Drops**, £15, to any face cream for a healthy, sun-kissed look.

20

Sleeping beauty

Apply a thin layer of Creightons brilliant **H20 Boost Overnight Mask**, £3.99, to cleansed skin before bed. Containing marine algae extract and HA to enhance elasticity and firmness as well as moisture levels, it's an easy win for fresher-looking skin.

A SERUM HOW-TO

Since HA works best when it can draw moisture in from the sources around it, always apply your HA serum to damp (but not wet) skin, and follow with further layers of skincare (a moisturiser and/or a daily facial sunscreen) to lock hydration into the skin. 'When the skin – and the environment around it – are very dry, it's just not as effective,' explains Dr Emma Wedgeworth. Since HA works well with other ingredients, you can layer it with other serums, too; research suggests that HA may even help to improve tolerance to stronger actives, such as vitamin C and retinoids. As a general rule of thumb, layer in order of consistency, says Dr Wedgeworth. 'Start with the thinnest textures first, leave to touch dry, then follow with richer products.'

Words Rosie Fitzmaurice **Photography** urbanlip.com, Getty

prima
OFFER FOR
YOU!
WE ALL DESERVE
A LITTLE TREAT

20% off Childs Farm

Thoughtful bath and body care for adults and children

Born out of a mother's desire for better care and awareness surrounding children's skin issues, Childs Farm believes everyone deserves to feel comfortable in their own skin. One of the loveliest aspects of the brand is achieving this while including gorgeous, sensitive skin-kind scent combinations, such as zingy citruses and juicy berries. Committed to using 100% recycled Prevented Ocean Plastic in its bottles, Childs Farm is B Corp-certified and prioritises sensitive skincare. Kind to skin, kind to planet and kind to people; what's not to love?

Sweetest dreams

Combining care for skin with wellbeing, Childs Farm's SlumberTime range creates dreamy bedtimes with an easy three-step routine with the help of scientifically backed sleep-enhancing fragrance technology DreamScentz. Simply bathe with SlumberTime Bath Soak, £6.50, massage with SlumberTime Calming Massage Lotion, £7.50, then mist with SlumberTime Sleep Mist, £7.50, to ensure a peaceful night's sleep.

Skin saviours

Understanding that our skin's needs change during our lifetime, Childs Farm has ranges to tackle various concerns. For dry, itchy skin, try the OatDerma Baby range, from £6.50, which contains colloidal oatmeal and oat oil to deeply moisturise, leaving skin feeling calmed. Skin that needs an extra hit of hydration? Then the Moisturising range, from £3.50, and soap-free Body Wash Bars, £8, are for you. Use them to wash and moisturise your way to more nourished, bouncy skin.

HOW TO CLAIM

For your exclusive discount, visit **prima.co.uk/offersmay23** for 20% off at childsfarm.com from 20 March to 26 April 2023.

Childs Farm
calming massage lotion
lavender & moon milk
SlumberTime
SUITABLE FOR SENSITIVE SKIN
150ml
Childs Farm
bath soak
lavender & moon milk
SlumberTime
SUITABLE FOR SENSITIVE SKIN
250ml
Childs Farm
sleep mist
lavender & moon milk
SlumberTime
SUITABLE FOR SENSITIVE SKIN
100ml

TERMS & CONDITIONS To redeem, visit prima.co.uk/offersmay23 and enter your name and email address. You will then be emailed a valid discount code to use online at childsfarm.com at the checkout. Offer valid from 20 March to 26 April 2023. The offer cannot be used in conjunction with any other offer. Excludes sale items; other exclusions may apply. Offer cannot be exchanged for cash. One transaction per customer only. Free shipping available for orders over £25. UK residents only.

My beauty secrets FRANKIE BRIDGE

The presenter and author shares the power of the pixie cut and her brow evolution

BVLGARI
BVLGARI

Forever scent

On the whole, perfume makes me feel unwell and gives me headaches. The one that agrees with me – and the one I've worn for ever – is **Bvlgari Omnia Crystalline**, from £61. Once they smell that scent, then everyone knows that's me.

REVITABROW® ADVANCED
eyebrow conditioner

Rescue remedy

When I was young, I overdid everything when it came to beauty. I remember my aunt plucking my eyebrows because I was blessed with a unibrow. Back in the day, they were properly 1990s and thin. Now that I'm older and thick brows are 'in', I wish we'd left more behind! Recently, I've been using **RevitaLash RevitaBrow Advanced Eyebrow Conditioner**, £105. For the first time since I was 12, I actually have eyebrow hairs in the middle of my brows again!

M·A·C
STUDIO RADIANCE
FACE AND BODY
RADIANT SHEER FOUNDATION
FOND DE TEINT TRANSPARENCE LUMINEUSE
1.7 FL. OZ. LIQ./50 ML ℮

Just a touch

I like my skin to feel like skin; I don't like to feel as though makeup is wearing me. I love MAC Studio Radiance Face And Body Radiant Sheer Foundation, £32 – it's so light, it doesn't even feel as if it's there.

Kiehl's
SINCE 1851
Creme de Corps
THE ORIGINAL RICH NOURISHING CREAM
8.4 fl. oz. - 250 ml

Body care

I get quite dry skin on my body, so one of my biggest indulgences is body cream. I struggle to find one that hydrates me all day, but Kiehl's Creme de Corps, from £33, really works.

Eight Hour® Cream
Intensive Lip Repair Balm

Lip service

My obsession with lip balm is almost verging on unhealthy; even if I don't wear anything else on my face, lip balm pulls everything together. I keep **Elizabeth Arden Eight Hour Cream Intensive Lip Repair Balm**, £21, close – I'd never veer away from it.

A helping hand

I always dye my hair and get my nails done, so taking a supplement is extra reassurance that I'm taking care of everything. Since I started taking **Vitabiotics Perfectil Max**, £23, my hair has been healthier, my skin fresher and my nails stronger.

Perfectil
MAX
MAXIMUM SUPPORT
SKIN, HAIR, NAILS
VITABIOTICS
No1

Short & sweet

I think for years, we've been fed this idea that in order to be attractive, you have to have long hair, but I loved my old pixie cut. When I was in The Saturdays, young girls would come to meet-and-greets with short hair like mine, and it was really refreshing to see them giving it a go.

Smart swap

One of my former makeup artists launched the **JoJo Glow Reusable Makeup Remover Pads**, £18 for a set of 3. They're more expensive than cotton pads, but they save you money in the long run because you can throw them in the wash after use.

JOJO GLOW
LONDON

Money-saving in the long run

'When I was on I'm A Celebrity! in 2021, I missed having my brows done but I found a way around it. They gave us a little pot of solid soap, so I'd put my toothbrush into it and brush the hairs up with it, to keep them in place. It worked well!'

- *Frankie is the UK brand ambassador for the beauty supplement brand Vitabiotics Perfectil*

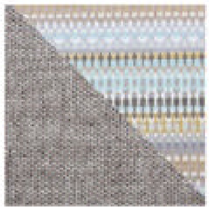
As told to Phoebe Lee
Photography Billie Scheepers, Getty

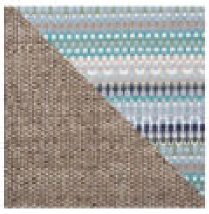
HOUSE BEAUTIFUL SOPHIA EXCLUSIVELY AT **DFS**

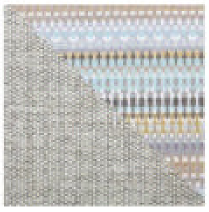
A sleek, stylish sofa designed with comfort in mind,
available in a choice of eight on-trend colour combinations

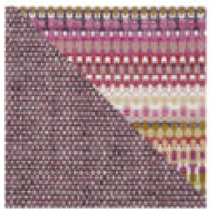
SOPHIA SOFA

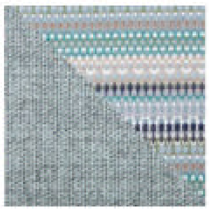
CREAM COMBINATION

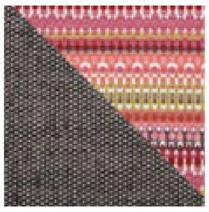

GREY COMBINATION


MOCHA COMBINATION


PEARL COMBINATION


PURPLE COMBINATION


SKY COMBINATION


STEEL COMBINATION

STONE COMBINATION

The House Beautiful Collection at DFS is an exclusive range of contemporary sofas, chairs and accessories, created to bring a touch of style and glamour to any home.

A new sofa is a big investment, so you want to be certain you're making the right choice. It needs to be hardwearing; it has to fit your room (and your family); and, above all, it has to look good and be supremely comfortable. Say hello to the *House Beautiful* Sophia. Upholstered in durable, textured fabric over a hardwood frame that's built to last, it comes in four sizes (including a capacious corner group) and eight contemporary colour combinations guaranteed to complement any decor. Finally, it's the last word in comfort, with luxuriously thick, padded cushions.

Discover more from the *House Beautiful* Collection at **dfs.co.uk/house-beautiful**

dfs

HAPPY CRAFTING!

prima makes

make it • sew it • knit it • give it • love it

THIS MONTH...

Knit a lacy-sleeve top that's perfect for spring, celebrate the Coronation with our pretty bunting, decorations and Union Jack cushion cover, and sew a smart jacket in two different lengths. Plus, don't miss *Prima*'s fabulous new crafting kits, just launched at The Works, including these cute ballerina pompoms.

See over the page for our fab 12-PAGE MAKES SECTION

Happy & GLORIOUS

Celebrate the Coronation in style with these makes fit for a king

Fasten your honeycomb balls with paperclips so they can be used again and again.

PRETTY CHAIRBACKS

Paper honeycomb decorations are an inexpensive way to bring some fun to the proceedings.

You will need

- **Paper honeycomb balls in a variety of sizes**
- **Paperclips**
- **Ribbon**

To make

❶ Choose a selection of paper honeycomb balls of varying sizes that work well together, about three to four are perfect.

❷ Unfold the honeycomb balls, fasten with paperclips and knot the hanging string on to a length of ribbon, making sure they all sit at different heights.

❸ Tie your ribbon on to the back of your chair.

CELEBRATORY BUNTING

What's a royal celebration without bunting? Making your own is delightfully simple and a good way to use up scraps of fabric.

You will need

- **Cardboard**
- **Ruler**
- **Pencil**
- **Scissors**
- **Cotton fabric**
- **Pins**
- **Sewing machine and thread**
- **Iron**
- **Ribbon or bias binding tape**

To make

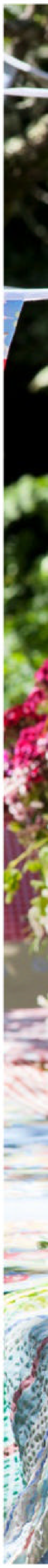
❶ Using a ruler, draw and cut out a triangular template from cardboard.

❷ Draw around the template to transfer the flag shapes on to your fabric, then cut them out.

❸ One flag at a time, pin two triangles right sides together. Stitch down one long side, leaving a seam allowance of around 1cm, pivoting at the bottom corner and up the other long side.

❹ Trim the seam allowance, turn the flag the right sides out and iron.

❺ Once you have made all the flags you need, space them evenly along the ribbon (or tape, if using), leaving enough length at either end for hanging. Fold the ribbon in half over the top edges of the flags, and then pin and sew in place. ➜



Bunting doesn't always have to be triangular; cut your fabric into semicircles for another pretty take on the decoration.

Use waterproof fabrics to make this suitable for use outdoors in all weathers.

UNION JACK CUSHION

Give guests the royal treatment with a comfy cushion.

You will need

✻ Scissors ✻ Plain cotton fabric ✻ Pencil ✻ Bondaweb ✻ Fabric offcuts (in different patterns and colours) ✻ Iron ✻ Sewing machine and thread ✻ Pins ✻ Cushion pad

To make

❶ Cut two 28 x 48cm rectangles for the back of the cushion and one 38 x 48cm rectangle for the front.

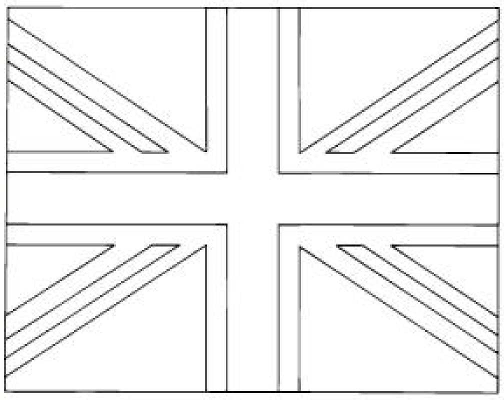
❷ Enlarge template (right) to measure 38 x 48cm. Trace template pieces on to Bondaweb and iron on to reverse of chosen fabric offcuts. Cut out and remove Bondaweb backing.

❸ Assemble all Union Jack pieces on to the cushion front and iron in place. Zigzag stitch around the edges of each piece.

❹ Press under and stitch a 1.5cm hem across one long edge of each back. With right sides together, lay backs on top of cushion front so hemmed edges overlap.

❺ Pin and stitch around outer edge, taking a 1.5cm seam allowance. Trim seam allowances and zigzag stitch to finish the seams. Turn right side out and press. Insert a 35 x 45cm cushion pad.

TEMPLATE



FLAG LABELS

These personalised straws can double up as fun place settings.

You will need

✻ Scissors ✻ Gold card ✻ White paper or white sticky labels ✻ Glue (optional) ✻ Double-sided tape ✻ Red and white paper straws ✻ Black marker

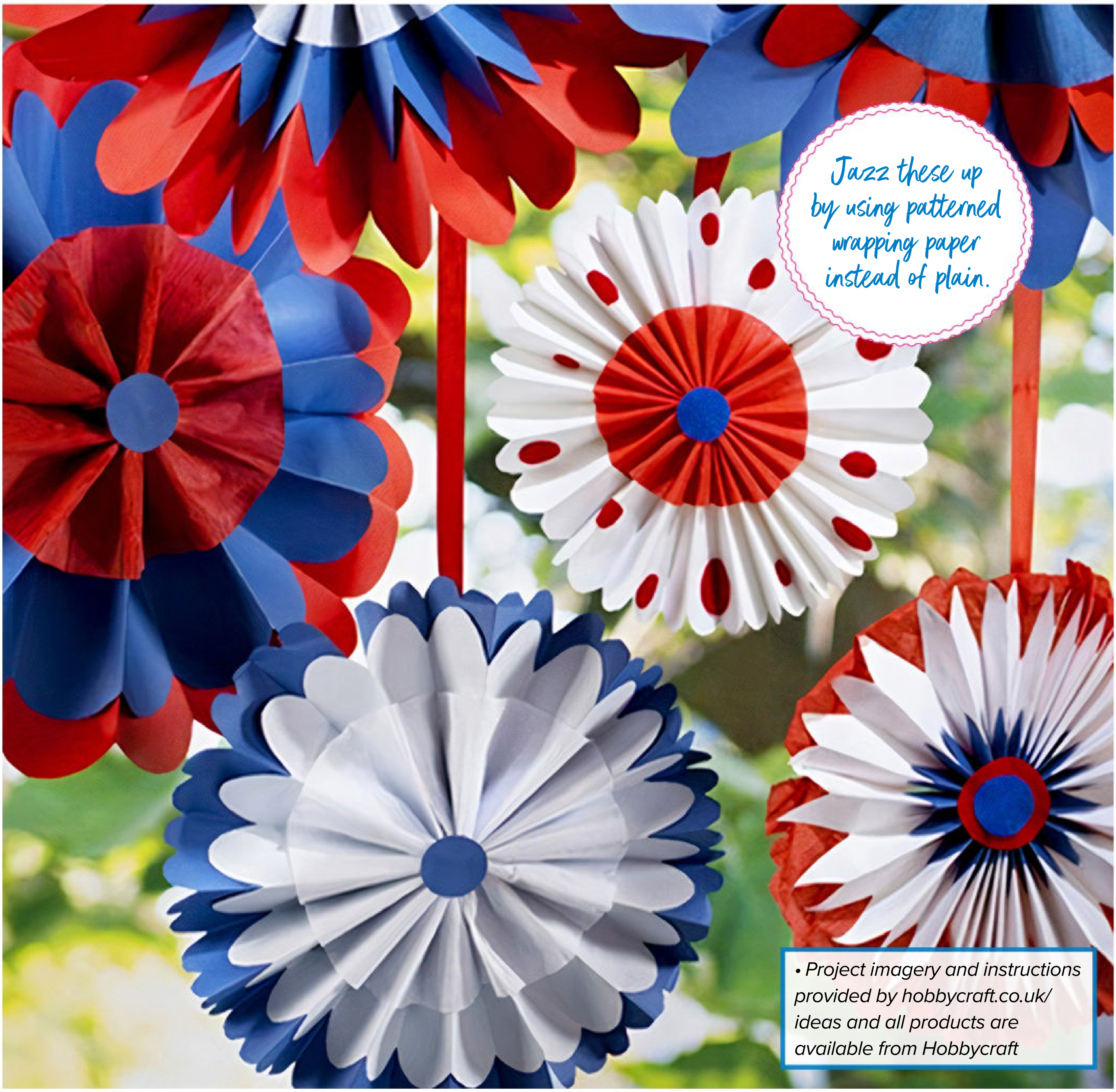
To make

❶ Cut your gold card into 2 x 12cm strips. Fold in half to bring the two short ends together and cut out a small triangle to give you a flag shape. Lay it out flat, gold side facing towards you.

❷ Cut a slightly smaller strip from plain white paper or white sticky labels, around 1.5 x 11cm. Lay it on top of your gold card flag and carefully cut out triangles at each end, leaving a narrow border of gold. If using paper, fasten the white strip to the gold strip with glue or double-sided tape. If using labels, stick them on to the gold strip.

❸ Place double-sided tape on the back side of the gold paper strip and wrap it around a straw.

❹ Write your guest's name on to the flag in black marker.



Jazz these up by using patterned wrapping paper instead of plain.

• *Project imagery and instructions provided by hobbycraft.co.uk/ideas and all products are available from Hobbycraft*

PAPER ROSETTES

For those having a garden party, try hanging a few of these from trees or gazebos.

You will need

✻ **Sheets of A1 paper in red, white and blue** ✻ **Scissors** ✻ **Crepe paper (optional)** ✻ **Wire** ✻ **Stapler** ✻ **Glue** ✻ **Ribbon**

To make

① Decide on your colour scheme and where you want each colour. The width of a whole sheet of A1 paper will form the background rosette ring, with different coloured rings added to build the design.

② Lay two sheets of the A1 paper, one over the top of the other, and fold them concertina style. To do this, fold the papers back and forward in roughly 6cm widths, creating crisp folds.

③ Once both papers are fully folded, separate them, refold them individually and cut to create rounded edges. Cut one of the pieces of paper about 10cm shorter either side so it has space around it when forming the middle rosette ring.

④ Combine them once again and place them exactly in their folds, making sure the centre piece is in the middle.

⑤ To add the crepe paper (if using), cut a length about half the width of the A1 background sheet. Place this centrally, following the folds of the paper and working your way from one end to the other using your fingers to place in the creases. Cut away any extra length.

⑥ When all the papers are lined up, fold the fan in half to find the central point. Unfold and wrap the wire around the central point in a loop, securing tightly. Unfold your rosette and secure each end by stapling.

⑦ From the extra paper, cut out a circle and glue to the centre of the rosette. Use the wire to attach a ribbon and hang at your desired location.

Makes and styling Nick and Bella Ivins, Laura Vine, Kirsty Robertson **Photography** Brent Darby, Richard Burns, Mark Bolton, Lisa Linder

EXCLUSIVE DESIGN FOR *PRIMA*

JAZZ it UP!

Perfect for special occasions or elevating a weekend look, this jacket pattern does it all!

Pick your favourite fabric and jacket length and have fun creating different styles for different looks. The easy, round neckline and soft, fitted silhouette are super flattering, too. The jacket looks great with jeans or casual trousers, or opt for the longer-length version and elevate a summer outfit for a special occasion.

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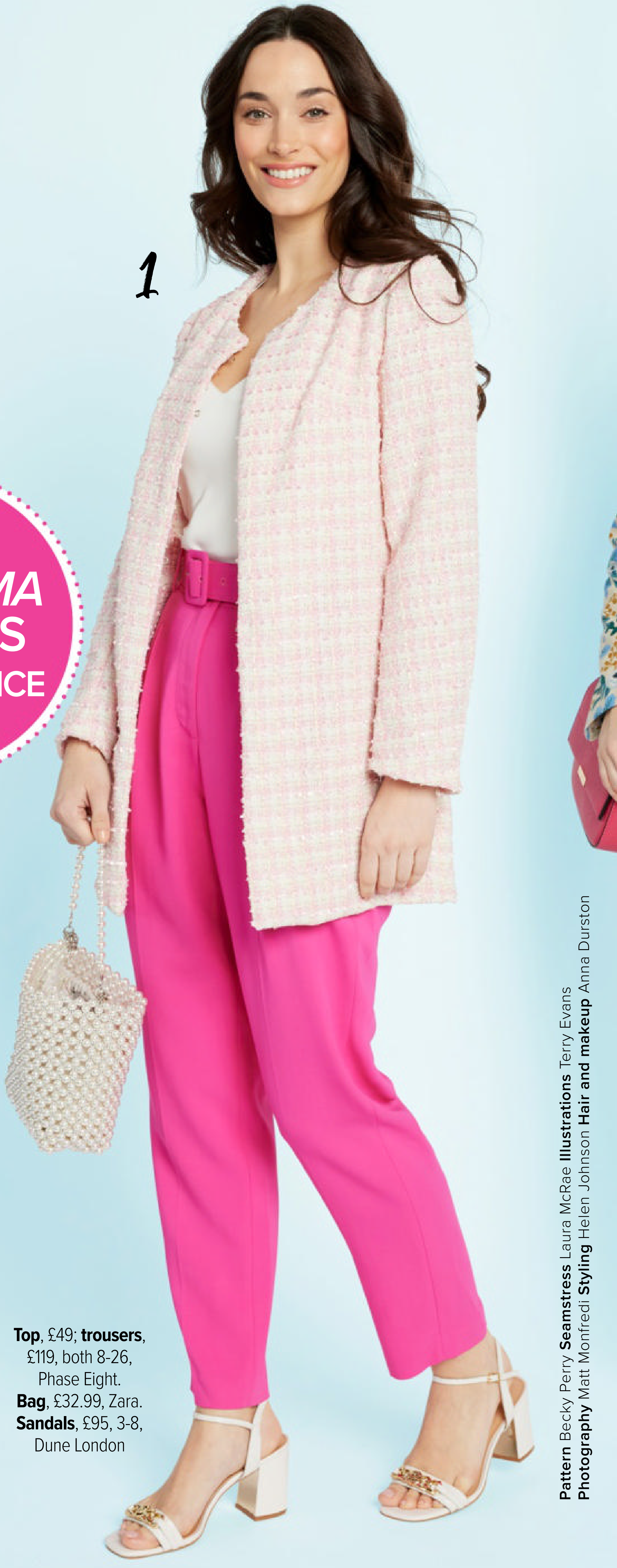


Top, £49; **trousers**, £119, both 8-26, Phase Eight. **Bag**, £32.99, Zara. **Sandals**, £95, 3-8, Dune London

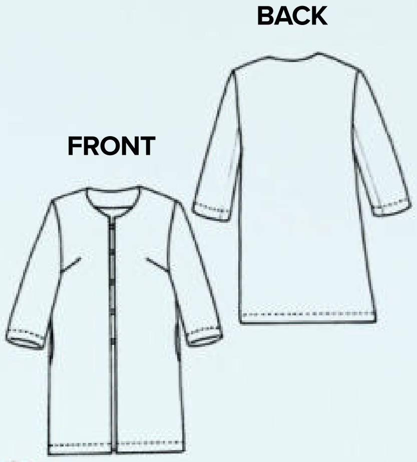
Pattern Becky Perry **Seamstress** Laura McRae **Illustrations** Terry Evans
Photography Matt Monfredi **Styling** Helen Johnson **Hair and makeup** Anna Durston

Make it your way

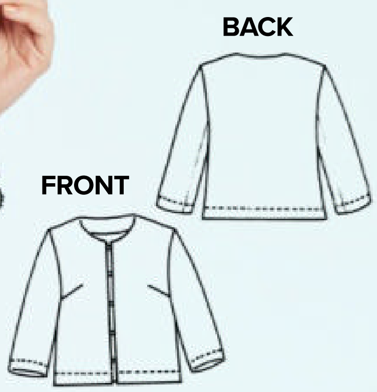
Top, £65, 6-18, Baukjen. **Trousers**, £178, 4-18, Reiss. **Earrings**, £8, Accessorize. **Trainers**, £85, 3-9, Hush

Blouse, £17.99, xs-xxl, H&M. **Jeans**, £49, 6-18, Oasis. **Bag**, £25, Accessorize. **Heels**, £89, 3-9, John Lewis & Partners

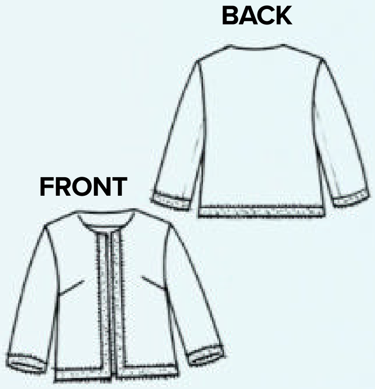
OPTION 1



OPTION 2



OPTION 3



Need to know

SIZES 6-24 Sew a gently fitted collarless jacket and choose from either long-line with pockets or cropped with optional trim. Options 1 and 2 also have hidden hook and eye fastenings for a modern finish.

FABRICS We used a pink and cream bouclé tweed for the long-line option, a modern floral on canvas base for the cropped statement print option and a linear bouclé with fringed trim for a classic collarless style.

OPTION 1 Pink bouclé tweed from Etsy.

OPTION 2 Printed canvas from Lamazi Fabrics.

OPTION 3 Linear bouclé and fringed trim from myfabrics.co.uk.

MORE INSPIRATION AT...
prima.co.uk

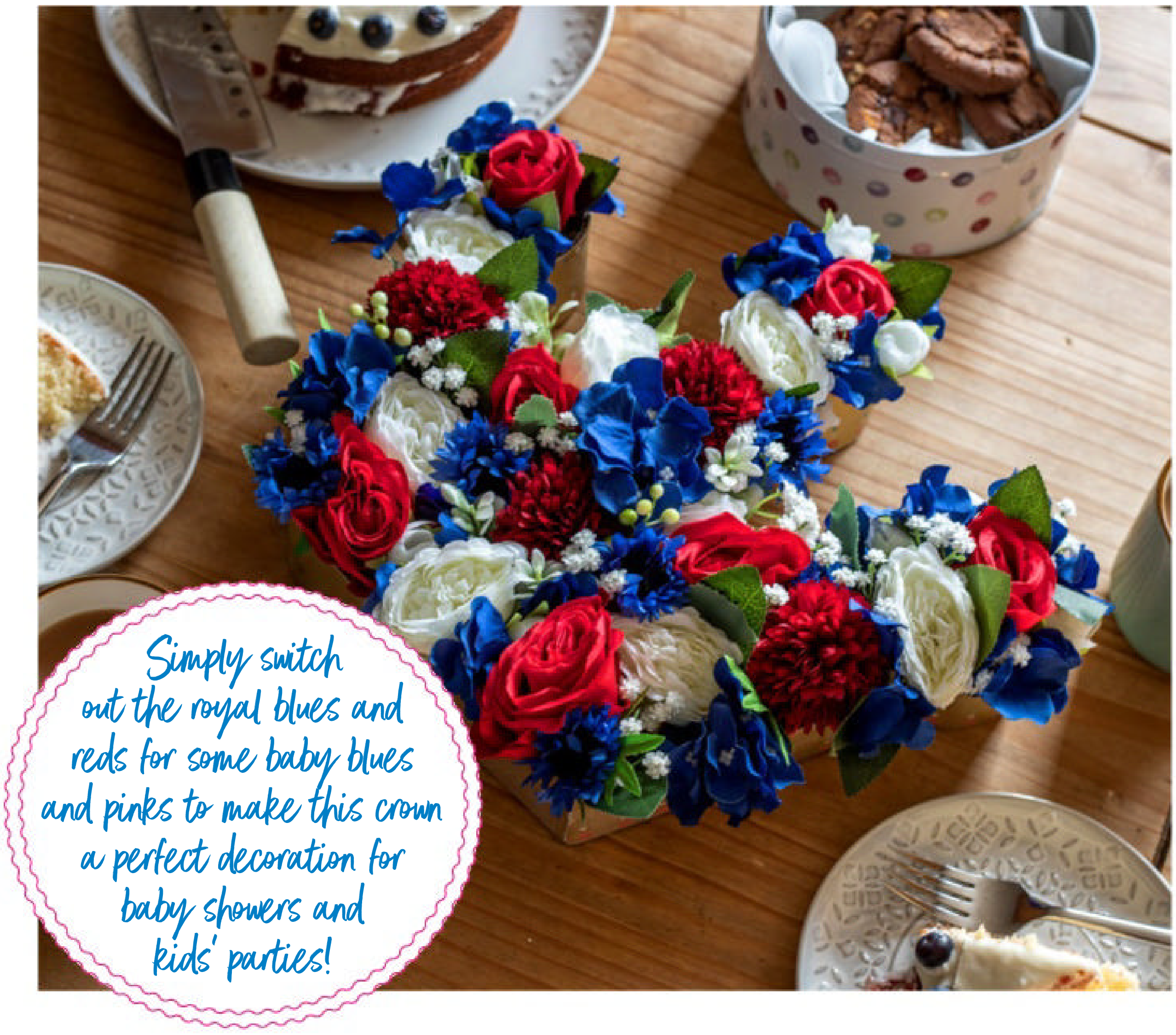
Mindful CRAFTS with Sara Davies

TV's Sara Davies shows you how to make your own Royal table decoration

If you're celebrating The King's Coronation with a quintessentially British party, you must have a go at making this beautiful floral crown. Not only does it create the perfect party showstopper to take centre stage on your table, but it is also super easy to make! And the best part is that you're using recycled cardboard from old packages to create something gorgeous.

love

xxx



Simply switch out the royal blues and reds for some baby blues and pinks to make this crown a perfect decoration for baby showers and kids' parties!

You will need

✻ Pencil ✻ Strong cardboard (you can recycle a used packaging box for this!) ✻ Ruler ✻ Scissors ✻ Glue gun and glue sticks ✻ Card ✻ Gold acrylic paint ✻ Colorista paint markers in red, white and blue ✻ Flower foam ✻ Dried/artificial flowers ✻ Wire cutters (optional)

To create

❶ Using a pencil, draw out a crown shape measuring 17.5 (at base) x 28cm on to some strong cardboard, then cut it out to create the base of the box.

❷ Using the same cardboard, cut some strips measuring 6cm thick – these will become the sides of your box.

❸ Take the pencil and ruler and measure out a 1.5cm border on each strip. Fold it, then adhere the 1.5cm strip on the top of the crown base. For any curved parts of the crown, cut some small tabs into the 1.5cm strip before gluing into place.

❹ Measure out some card to 6cm and adhere this to the side of the box to make it look smooth before painting it with the gold paint.

❺ Set aside to dry.

❻ Next, take some markers and decorate the crown with some red, white and blue dots.

❼ Use some scissors to cut your flower foam to size and glue it into place on the base.

❽ Finally, take your artificial flowers and cut any stems down to size (you may need wire cutters for this if you don't have strong scissors).

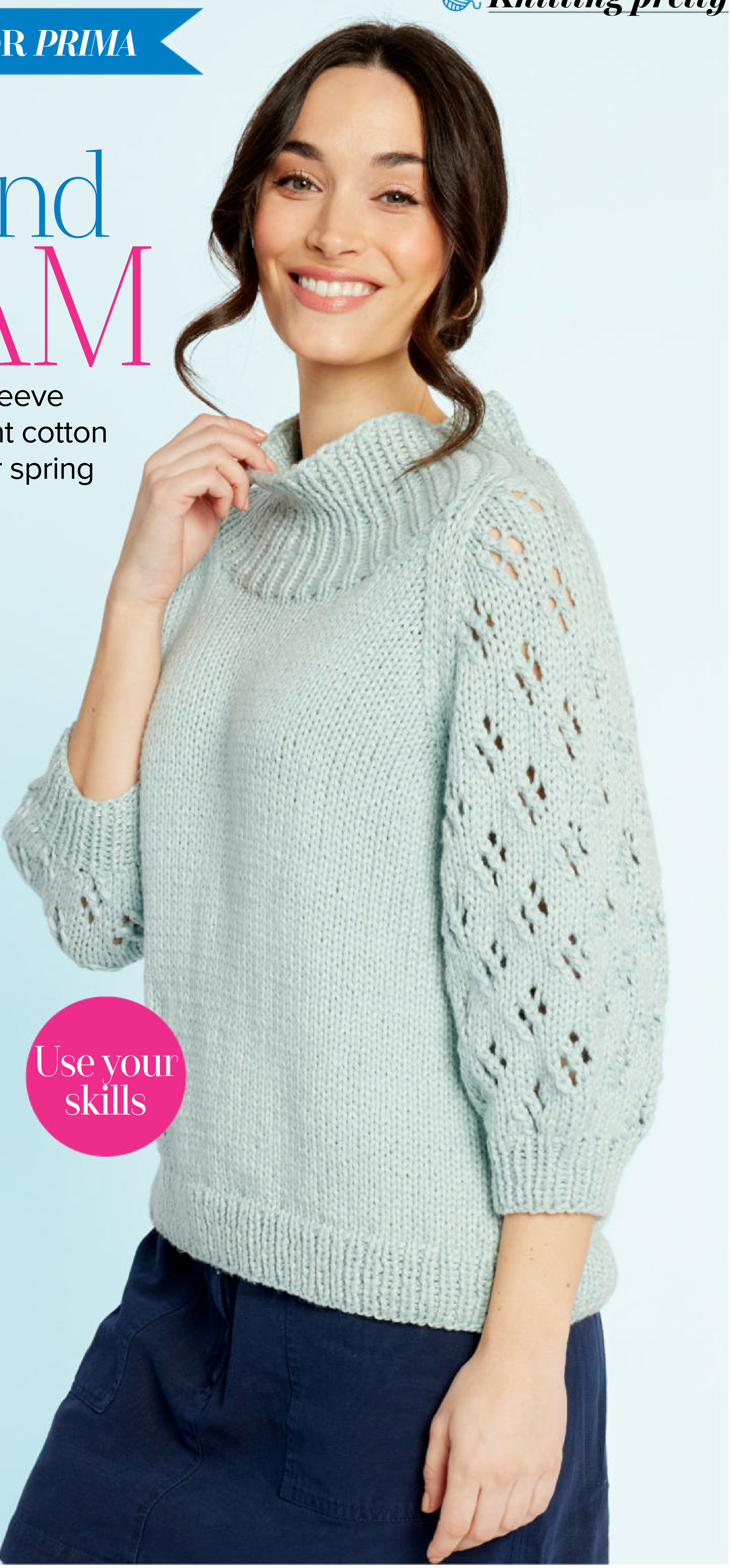
❾ Now for the satisfying part – press the flowers down into the foam, ensuring that the bottom of the base is completely covered. And voilà! Your coronation-inspired crown is ready to add a touch of regal flair to the big day.

For more crafting inspiration, visit crafterscompanion.co.uk

EXCLUSIVE DESIGN FOR *PRIMA*

Diamond DREAM

Make this cute lacy-sleeve raglan top in a lightweight cotton yarn your hero piece for spring


Use your skills

Measurements

To fit chest: 81-86(91-97:102-107:112-117:122-127)cm.
Actual chest: 104(112:124:132:144)cm.
Full length: 56.5(58.5:60.5:61.5:62.5)cm.
Sleeve length: 26cm.

Materials

- 10(11:12:13:15) 50g balls Debbie Bliss Dulcie (47% Cotton, 47% Acrylic, 6% Nylon) in Duck Egg (11).
- Pair each of 6.5mm and 7mm straight knitting needles.
- 4 stitch holders.

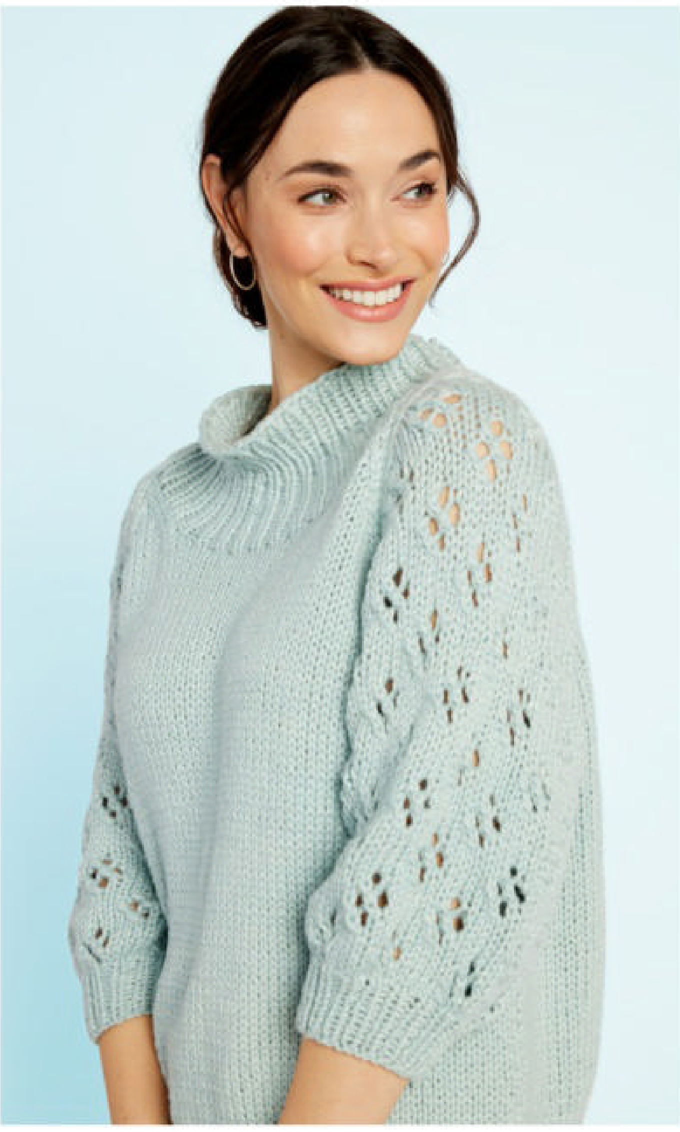
Tension

14 sts and 18 rows to 10cm square over stocking stitch/lace pattern using 7mm needles.

Abbreviations

beg beginning; **cm** centimetre; **cont** continue; **g** gram; **k** knit; **m1** make one stitch; **p** purl; **patt** pattern; **psso** pass slipped stitch over; **rem** remaining; **rep** repeat; **RS** right side; **sl 1** slip 1; **ssk** slip 2 stitches knitwise, knit these 2 stitches together through back loops; single left-leaning decrease; **st(s)** stitch(es); **st st** stocking stitch; **tog** together; **tbl** through back loop; **WS** wrong side; **yo** yarn over; * repeat the instructions following the single asterisk as directed.

Turn the page for full instructions →



Diamond lace pattern

Row 1 (RS): K1, *k5, yo, ssk, k1; rep from * to last st, k1.
Row 2 and all WS rows: Purl.
Row 3: K1, *k4, [yo, ssk] twice; rep from * to last st, k1.
Row 5: K1, *k5, yo, ssk, k1; rep from * to last st, k1.
Row 7: K1, *k1, yo, ssk, k5; rep from * to last st, k1.
Row 9: K1, * [yo, ssk] twice, k4; rep from * to last st, k1.
Row 11: K1, *k1, yo, ssk, k5; rep from * to last st, k1.
Row 12: Purl.
These 12 rows **set** diamond lace pattern.

Back

Using 6.5mm needles, cast on 87(95:103:111:121) sts.
Rib row 1 (RS): K1, *p1, k1; rep from * to end.
Rib row 2: P1, *k1, p1; rep from * to end.
These 2 rows **set** rib.
Cont in rib until work measures 6cm from cast on edge, ending after a RS row.
Dec row (WS): P4(2:6:4:3), p2tog, [p4, p2tog] 13(15:15:17:19) times, p3(1:5:3:2). 73(79:87:93:101) sts.
Change to 7mm needles, cont in stocking stitch (throughout), beginning with a K row, until work measures 35cm from cast on edge, ending after a WS row.
Shape raglan
Cast off 3 sts at beg of next 2 rows. 67(73:81:87:95) sts.
Row 1 (RS): K2, ssk, k to last 4 sts, k2tog, k2.
Row 2: P2, p2tog, p to last 4 sts, p2tog tbl, p2. 63(69:77:83:91) sts.
Rep last 2 rows 2(2:3:4:5) times more. 55(61:65:67:71) sts. **
Row 1: K2, ssk, k to last 4 sts, k2tog, k2. 53(59:63:65:69) sts.
Row 2: Purl.
Rep last 2 rows 13(15:16:16:17) times more. 27(29:31:33:35) sts.
Slip rem sts on to holder for back neck.

Front

Work same as for Back to **.
Row 1 (RS): K2, ssk, k to last 4 sts, k2tog, k2. 53(59:63:65:69) sts.
Row 2: Purl.
Rep last 2 rows 7(9:10:10:11) times more. 39(41:43:45:47) sts.
Shape left front neck
Next row (RS): K2, ssk, K8, turn and leave the rem 27(29:31:33:35) sts on a holder. 11 sts.
Next row: P2, p2tog, p to end. 10 sts.
Next row: K2, ssk, k to end. 9 sts.
Rep last 2 rows twice more. 5 sts.
Next row: P5.
Next row: K1, sl1, k2tog, psso, k1. 3 sts.
Next row: P3.
Next row: K1, ssk. 2 sts.
Next row: P2.
Next row: K2tog, fasten off.
Shape right front neck
Working on the rem 27(29:31:33:35) sts, slip centre 15(17:19:21:23) sts on to a holder, K to last 4 sts, k2tog, k2. 11 sts.
Next row (WS): P to last 4 sts, p2tog tbl, p2. 10 sts.
Next row: K to last 4 sts, k2tog, k2. 9 sts.
Rep last 2 rows twice more. 5 sts.
Next row: P5.
Next row: K1, sl1, k2tog, psso, k1. 3 sts.
Next row: P3.
Next row: K2tog, k1. 2 sts.
Next row: P2.
Next row: K2tog, fasten off.

Sleeves

Using 6.5mm needles, cast on 39(45:45:51:51) sts.
Work in rib as set on Back until sleeve measures 6cm from cast on edge, ending after a RS row.
Inc row (WS): K0(1:1:2:2), [k2, m1] 19(21:21:23:23] times, k1(2:2:3:3). 58(66:66:74:74) sts.
Change to 7mm needles and work in Diamond lace pattern (throughout), beginning with **Row 1** for Right sleeve and **Row 7** for Left sleeve.
Cont straight until sleeve measures 26cm from cast on edge, ending after a WS row.
Shape raglan
Cast off 3 sts at beg of next 2 rows. 52(60:60:68:68) sts.
Row 1 (RS): K2, ssk, patt to last 4 sts, k2tog, k2.
Row 2: P2, p2tog, patt to last 4 sts, p2tog tbl, p2. 48(56:56:64:64) sts.
Rep last 2 rows 3(5:3:6:4) times more. 36(36:44:40:48) sts.
Row 1: K2, ssk, patt to last 4 sts, k2tog, k2. 34(34:42:38:46) sts.
Row 2: P3, patt to last 3 sts, p3.
Rep last 2 rows 12(12:16:14:18) times more. 10 sts.
Slip rem sts on to holder for sleeve top.

Neckband

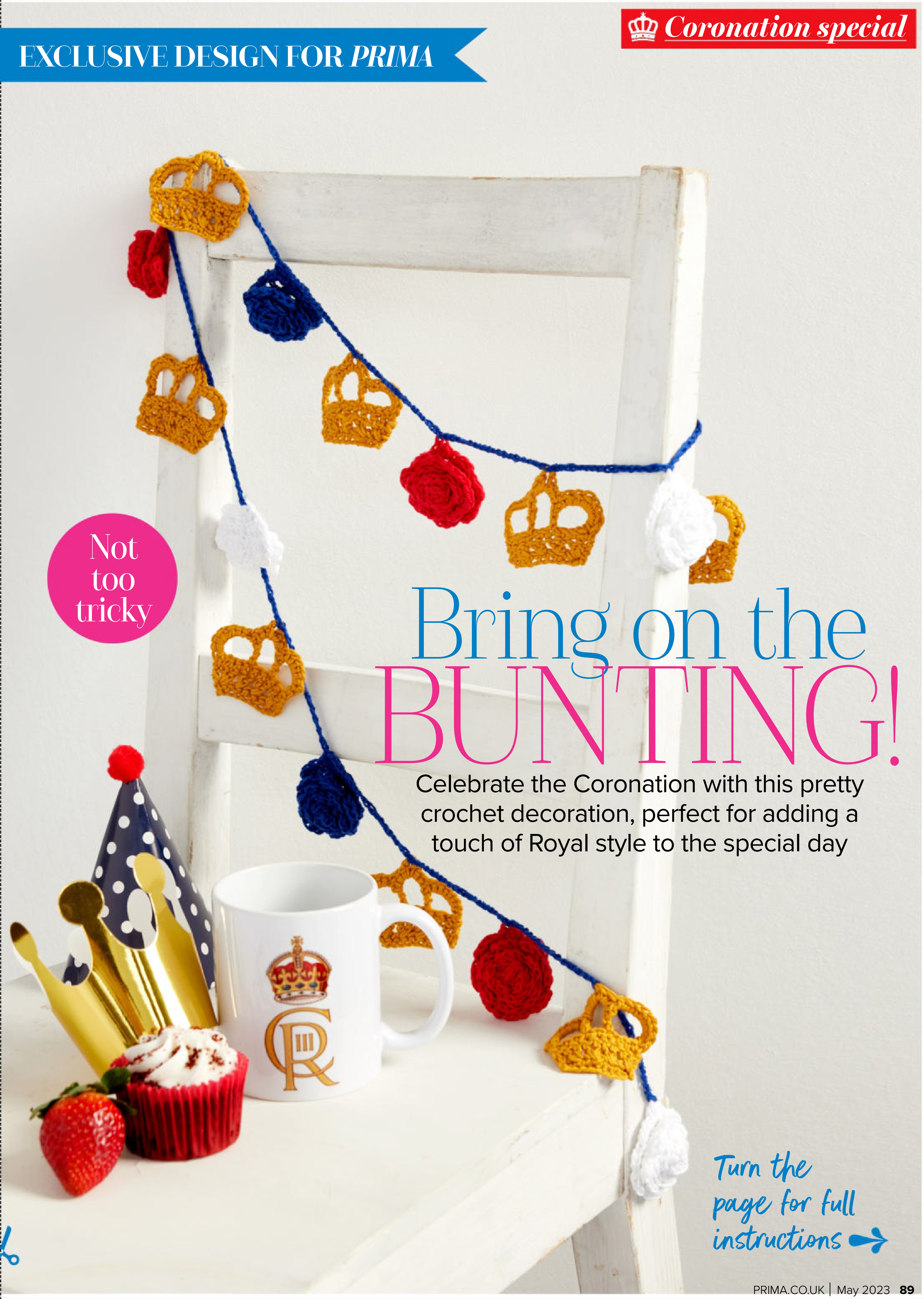
Join raglan seams, leaving Left back raglan seam open.
With RS facing, using 6.5mm needles, knit across 10 sts left on holder for left sleeve, pick up and knit 9 sts evenly down front neck shaping, knit across 15(17:19:21:23) sts left on holder for front neck, pick up and knit 10 sts evenly up right front shaping, knit across 10 sts left on holder for right sleeve and knit across 27(29:31:33:35) sts left on holder for back neck. 81(85:89:93:97) sts.
Cont in rib as set on Back (throughout), beginning with WS row, until neckband measures 7cm.
Change to 7mm needles and cont in rib until neckband measures 15cm, ending after a WS row.
Cast off loosely in rib.

Making up

Join rem raglan and neckband seam, reversing seam halfway up neckband for fold back. Join side and sleeve seams. Weave in ends. Pin your garment out to the size stated in the pattern, cover with a damp cloth and leave to dry.

EXCLUSIVE DESIGN FOR *PRIMA*

Coronation special



Not too tricky

Bring on the BUNTING!

Celebrate the Coronation with this pretty crochet decoration, perfect for adding a touch of Royal style to the special day

Turn the page for full instructions →

Approximately 150cm in length.

Materials

- 1 x 50g ball each of Paintbox Yarns Cotton DK (100% cotton) in Royal Blue 441, Pillar Red 415, Paper White 401 and Glorious Gold 466.
- 3.5mm crochet hook.

Abbreviations

ch chain; **ch-sp** chain space; **dc** double crochet; **htr** half treble crochet; **pm** place marker; **RS** right side; **sl st** slip stitch; **st(s)** stitch(es); **tr** treble crochet; **WS** wrong side; * repeat the instructions following the single asterisk as directed; [ ] repeat instructions within the brackets as directed.

Bunting

ROSES

Make 3 in red, 3 in blue and 3 in white.

Using 3.5mm crochet hook, ch42.

Row 1 (WS): Starting in second ch from hook, dc, [ch2, skip next ch, 1dc in next ch] rep to end, turn. (21dc.)

Row 2 (RS): Ch1, [3htr, ch1, sl st] in next ch-sp, *[sl st, ch1, 3htr, ch1, sl st] in next ch-sp, rep from * to end. (20 petals.)

Fasten off. Roll up into a flower shape so the foundation ch is at the WS in a spiral shape. Using ends, secure the flower shape and weave in ends.

CROWNS

Make 8 using Gold.

Using 3.5mm crochet hook, ch10.

Row 1 (WS): Starting in second ch from hook, dc to end, turn. (9dc.)

Row 2 (RS): ch3, [skip next st, tr in next st, tr in stitch missed] 4 times, turn. (9tr.)

Row 3: Ch1, dc to end.

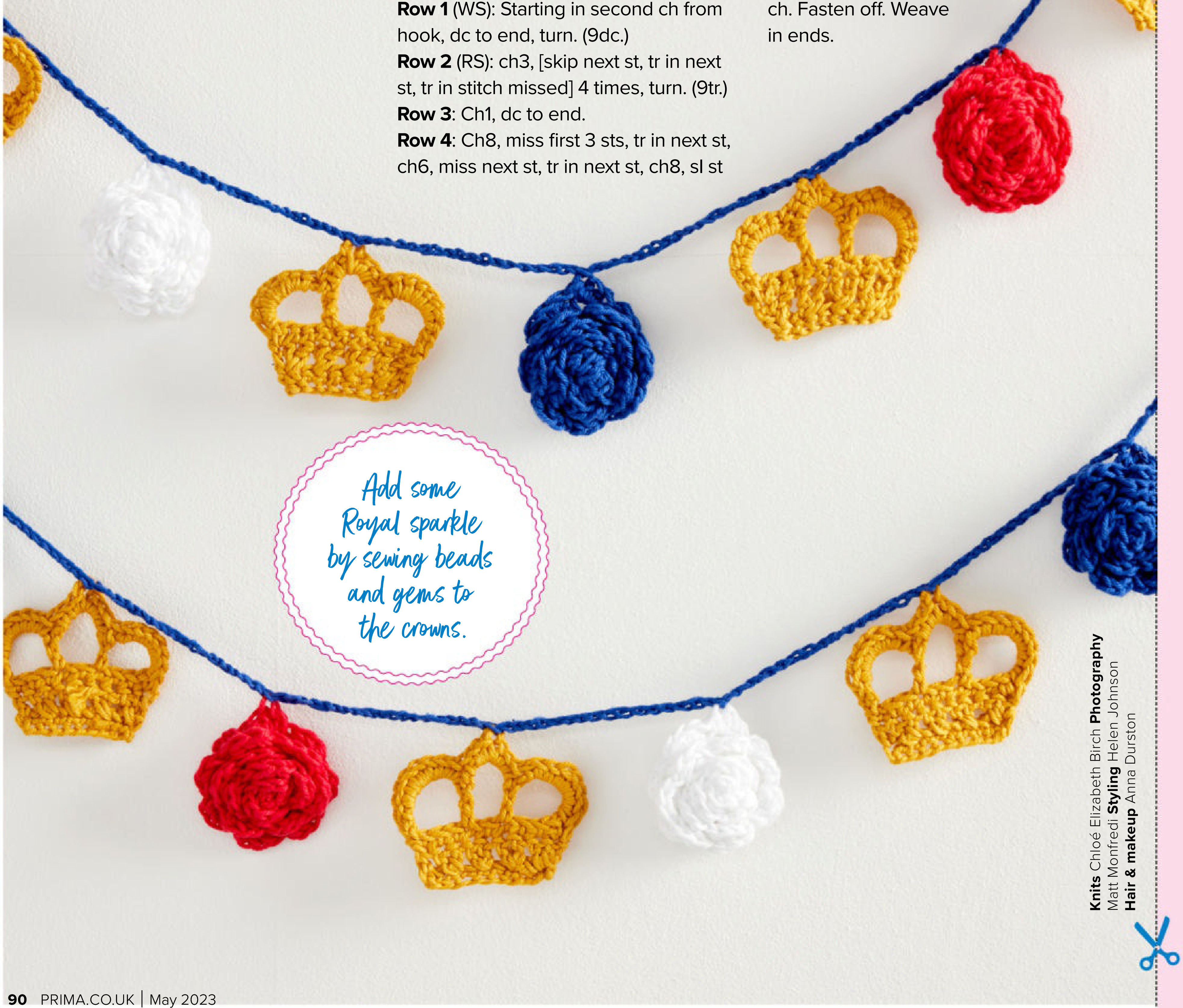
Row 4: Ch8, miss first 3 sts, tr in next st, ch6, miss next st, tr in next st, ch8, sl st in last st, turn.

Row 5: Ch1, 8dc in 8ch loop, [3dc, 3ch, 3dc] in 6ch loop, 8dc in final 8ch loop, sl st in last ch, fasten off.

Weave in ends.

Making up

Using 3.5mm crochet hook and blue, ch12, sl st into furthest ch from hook, *ch16, with RS facing, sl st into centre htr st of any outside petal on a red rose, ch16, with RS facing sl st into 3ch loop at top of 1 crown; rep from * 7 times, adding the roses in colour sequence (red, white and blue) with crowns in between, ch16, sl st into centre htr st of any outside petal on a last rem blue rose, ch16, pm, ch12, sl st into marked ch. Fasten off. Weave in ends.



Add some Royal sparkle by sewing beads and gems to the crowns.

Knits Chloé Elizabeth Birch **Photography** Matt Monfredi **Styling** Helen Johnson **Hair & makeup** Anna Durston

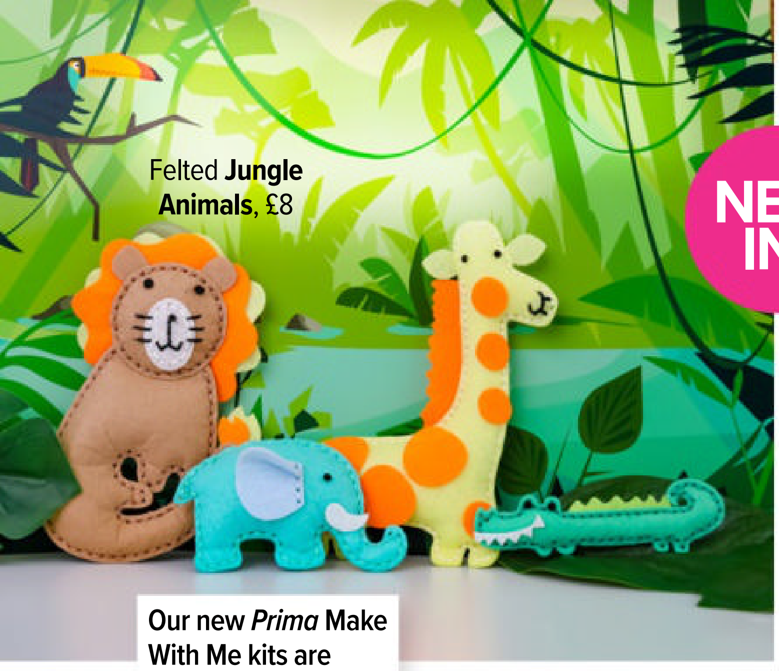
WHAT'S NEW IN THE CRAFT WORLD

Sew it, make it, LOVE IT!

Get inspired with smart ideas from *Prima*'s crafter, Daisy Bendall

NEW IN!

Prima Craft Kits

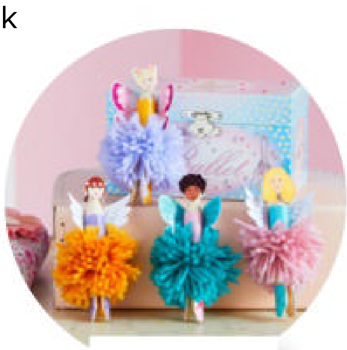


Felted **Jungle Animals**, £8

Our new *Prima* Make With Me kits are perfect for children

Air-dry Clay **Mermaid**, £8

Prima is thrilled to announce the launch of our brand-new crafting collection at The Works, with prices starting at just £6. Choose from one of 10 adult craft kits with beautiful makes, such as stylish candles, jewellery, macramé or decoupage shells, all designed to give you that bit of me-time in your day. Or pick one of the 15 Make With Me kits and get crafting with the little ones in your life. Fun air-dry clay mermaids, a bug house for the garden, matching mugs and pebble art are just some of the projects available. And, best of all, the kits have been designed with fully recyclable boxes and as little plastic as possible. When you've completed your craft, why not share pictures of your creations @primamag or @theworksstores? We can't wait to see them!



Ballerina **Pompoms**, £6

3 of the BEST

FELT FLOWER KITS

Give making an everlasting felt bouquet a go

Cottage Garden Bouquet Felt Flower **Craft Kit**, £24.50, The Handmade Florist at Etsy

A Bouquet Of Flowers Felt **Craft Kit**, £16.99, Wool Couture

Felt Sweet Peas **Craft Kit**, £15, The Crafty Kit Company

Magnetic **Needle Minder**, £6, Love Poppet

Plantable **Notecards**, £7.50 for a set of 6, National Trust Shop

UNDER £10

BACK TO NATURE

Bring some of the great outdoors into your crafts

Scrapbook, from £5, Hobbycraft

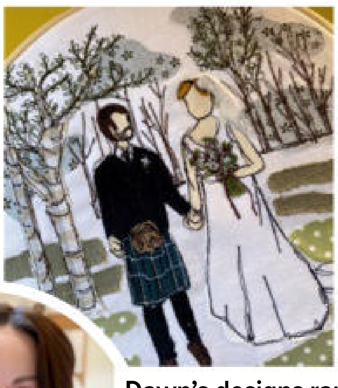
Pincushion, £9.50, John Lewis & Partners

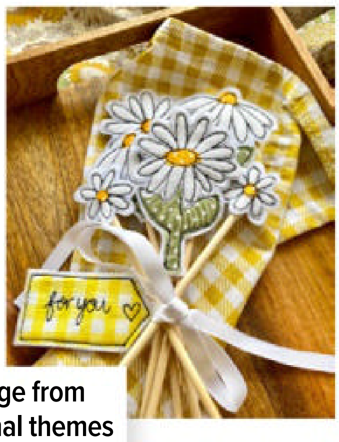
Leaf Green **Ribbon Collection**, £7.20, StitchKits Crafts

Wildflower **Stamps**, from £6 each, Get Stamped

Meet the maker

Mother-of-two Dawn Friday runs Girl Friday Embroidery from her home studio in Essex, designing, stitching and packing every order.





Dawn's designs range from weddings to seasonal themes

How did you discover freehand machine embroidery and can you talk us through the process? By complete accident: a browse on Pinterest 10 years ago led me to borrow a sewing machine, but I couldn't replicate the freehand style using a normal machine foot. I took a freehand embroidery class and was hooked! Freehand embroidery involves using an embroidery foot to draw freehand on to your fabric with the needle as your pen. You choose where the needle goes; the machine doesn't lead. Every piece is completely unique.

How do you juggle running the business with raising children? Lists – lots of lists! I try to add structure to my week with everyday targets, but there is always something to think about. I accept help if offered and let go of a tidy house in busy times.

Where do you find inspiration? I make a lot of seasonal pieces and I start with what I'd like in my own home, but inspiration can come from anywhere. I like to begin with fabrics I want to use and play around to see where things go.

- *Visit girlfridayadventuresinembroidery.co.uk*

Get creative with the new **prima** craft kit range

With 25 kits to try, from crafts aimed at adults looking for that bit of 'me-time' to a great offering of family-friendly activities – there really is something for everyone

From just £6!

prima
let's craft together
CRAFT KIT
BUSY BEE CROCHET KIT
MAKE with ME!
Makes 2
✔ Crafting memories ✔ Great to gift
✔ Easy to make
THE WORKS

Busy Bee Crochet Kit

Exclusively at THE WORKS

Scan the QR code here to browse the full collection

We're thrilled to bring you a brand-new collection of craft kits on sale exclusively at **The Works**. Everything you need is included in the box, so you can learn new skills, make beautiful keepsakes and even give your finished creations as gifts. The joy doesn't stop there, as every kit includes clever ideas for upcycling the cardboard box, as well as links to further crafting inspiration online.

PRODUCED WITH THE ENVIRONMENT IN MIND

All our craft boxes are 100% FSC certified and fully recyclable, and we encourage you to reuse all the packaging, too, from the tissue paper to the cardboard box. We've also worked to reduce the number of plastic components in our crafts.

Crystal Candle Craft Kit
prima
make it your way
CRAFT KIT
CRYSTAL CANDLE
Makes 1
✓ Crafting memories ✓ Great to gift
✓ Easy to make
Exclusively at THE WORKS

Available in-store at The Works & online at theworks.co.uk

Vintage Decoupage Shells Craft Kit

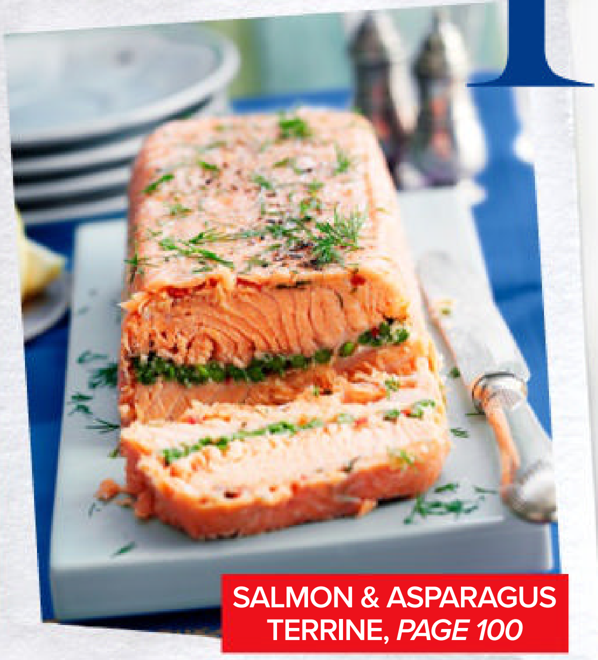
Felt Lion Wall Hangings Craft Kit

Sun And Stars Painted Mugs Craft Kit

prima

It's party time

Come together to celebrate the Coronation in style with our tempting selection of recipes for entertaining a crowd, indoors or out – and keep your fingers crossed for sunny skies!



SALMON & ASPARAGUS TERRINE, *PAGE 100*

FROZEN STRAWBERRY DAIQUIRI, *PAGE 101*

CHOCOLATE, HAZELNUT & RASPBERRY TORTE, *PAGE 104*

Pesto chicken bites

Sun-dried tomato pesto gives these a lovely sunshine flavour, but you could try green basil pesto or Thai or Indian curry pastes instead to make these easy canapés.

MAKES 21 PREP *15min*
COOK *about 8min*

In a food processor, whizz **3 skinless chicken breasts** with **5tbsp sun-dried tomato pesto** and plenty of seasoning until well combined and fairly smooth. With wet hands (or 2 spoons), shape mixture into 21 small patties. Heat **1tsp vegetable oil** in a large frying pan and fry the patties for 8min, turning once, until golden and cooked through. Meanwhile, stir together **5tbsp natural yogurt, finely grated zest 1 lemon** and some seasoning, and scrape into a small serving bowl. Serve the bites with cocktail sticks and the yogurt dip alongside.

GET AHEAD Shape the Pesto Chicken Bites up to a day ahead but don't cook. Cover and chill. Make up the dip a day ahead; cover and chill. Complete recipe to serve.

PER BITE CALS 63; FAT 4G;
SAT FAT 1G; CARBS 1G

Easy hummus

Universally adored, this foolproof dip is bound to score top marks with your guests.

SERVES 6 PREP *10min*

Drain and rinse a **400g tin chickpeas**. Reserve a spoonful and put the rest into a food processor with **40ml olive oil, 1½tbsp lemon juice, 1tbsp water, 1 small garlic clove, ¼tsp ground cumin** and plenty of seasoning. Whizz until smooth, then check seasoning. Scrape into a serving dish. Garnish with the reserved chickpeas, a sprinkle of **paprika** or **cayenne pepper** (if you have it) and a drizzle of **olive oil**. Serve with **breadsticks** and toasted pittas for scooping.

GET AHEAD Make up to a day ahead, but don't garnish. Cover and chill dip. Drizzle a little olive oil over the reserved whole chickpeas; cover and chill separately. Allow to come to room temperature and complete recipe to serve.

PER SERVING CALS 99; FAT 6G;
SAT FAT 1G; CARBS 8G

> 'Serve this trio of nibbles with breadsticks and toasted pitta'

Beetroot dip

Vacuum-packed beetroot makes an almost instant dip. Look for the kind in natural juice, not vinegar.

SERVES 6 PREP *10min*

In a food processor, whizz **25g Parmesan** until finely crumbed, then add **500g drained, vacuum-packed cooked beetroot, 100g full-fat cream cheese, a small handful of mint leaves** and plenty of seasoning. Whizz again until smooth; check seasoning. Scrape into a small serving bowl and garnish with a few extra mint leaves. Serve with **breadsticks** and toasted pitta.

GET AHEAD Make up to a day ahead, but don't garnish. Cover and chill. Allow to come to room temperature and complete recipe to serve.

PER SERVING CALS 129; FAT 9G;
SAT FAT 6G; CARBS 8G ➔

Salmon & asparagus triangles

These look very appealing and using rye bread means they last longer unwrapped, too.

MAKES 16 TRIANGLES
PREP *15min*

- **4tbsp crème fraîche**
- **1tbsp dill, chopped**
- **2 thick-stemmed asparagus, woody ends snapped off**
- **4 rectangular slices rye bread**
- **200g smoked salmon slices**

1 In a small bowl, mix together the crème fraîche and dill with a good sprinkling of freshly ground black pepper. Use a vegetable peeler to peel the asparagus into ribbons.

2 Spread 1tbsp crème fraîche mixture on to a piece of rye bread. Top with 3 slices salmon – about 50g – so the bread is completely covered up to the edges. Lay 4 or 5 asparagus ribbons on the rye bread in a lattice pattern, press down and trim to neaten.

3 With a sharp serrated knife, cut the bread in ½, then cut each square diagonally into triangles. Repeat with the remaining ingredients. Arrange the triangles on a plate and serve.

GET AHEAD Assemble up to a day ahead, cover and chill.

PER TRIANGLE CALS 67; FAT 3G; SAT FAT 2G; CARBS 6G

Croque monsieur pinwheels

We used sliced Gruyère for the classic croque-monsieur flavour, but you can use whatever cheese you fancy.

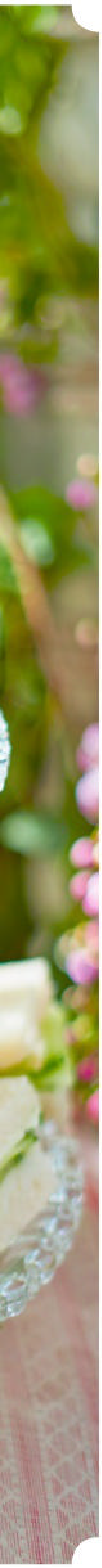
MAKES 20 PINWHEELS PREP *25min*

- **4 large white tortilla wraps**
- **4tsp Dijon mustard, plus extra to stick**

Cook's tip

Keep your sandwiches well wrapped until just before serving.

‘Guests will love this colourful twist on a traditional sandwich selection’



- 16 ham slices (about 325g)
- 12 Gruyère slices (about 300g), at room temperature – this makes it easier to roll
- 50g salad leaves

1 Lay a wrap on a chopping board and cut off opposite edges so you have 2 straight sides. Spread 1tsp mustard evenly over the wrap. Top with 4 slices of ham (tearing pieces to make them fit). Top with 3 torn cheese slices on the lower ½ of the wrap and cover this with a layer of salad leaves.

2 Tightly roll up the wrap, sticking down the edge with a little mustard to hold in place. With the seam side down, cut into 5 pinwheels. Repeat with remaining ingredients.

GET AHEAD Assemble the rolls up to 8hr ahead (do not slice). Wrap the filled, unsliced rolls tightly in clingfilm or foil and chill. Complete recipe to serve.

PER PINWHEEL CALS 106; FAT 6G; SAT FAT 3G; CARBS 5G

Cucumber finger sandwiches

Though simple, this classic combo of cucumber, mint and cream cheese is a flavour sensation.

MAKES 20 FINGER SANDWICHES
PREP *15min*

- 8tbsp cream cheese
- 2tbsp finely chopped mint leaves
- 25g unsalted butter, softened
- 8 slices thickly sliced white bread
- 1 cucumber, sliced into thin rounds

1 In a medium bowl, mix the cream cheese and mint. Season. Butter 4 slices of bread. Spread each of the remaining 4 slices with 2tbsp cream cheese mixture.

2 Put cucumber slices in 2 layers over the cream cheese, then top with the buttered slice of bread. With a sharp serrated knife, cut off crusts, then cut each sandwich into 3 fingers.

PER SANDWICH CALS 115; FAT 8G; SAT FAT 5G; CARBS 8G

Veggie and vegan-friendly

Pea & new potato tart

This easy tart is so tasty, and happens to be vegan-friendly as well – just check the ingredients in your pastry and hummus to make sure they're dairy-free. We used caramelised onion hummus, but if you can't find it, use regular hummus instead.

SERVES 4 PREP *15min*
COOK *about 25min*

- 320g Jus-Rol Ready Rolled Puff Pastry Sheet
- 200g Jersey Royal or baby new potatoes
- 1tbsp extra virgin olive oil, plus extra to drizzle
- 3 spring onions, trimmed and finely sliced lengthways
- 200g frozen peas
- 200g caramelised onion hummus

1 Preheat oven to 200°C (180°C fan) mark 6. Unroll the pastry on to a baking sheet (still on its baking parchment). Score a border 1.5cm in from the edge and prick inside with a fork. Cook for 15min until puffed, remove from the oven and gently press down the central area inside the border with a spoon. Set aside.

2 Meanwhile, cook the potatoes in a large pan of boiling water for 15-20min, until tender. Drain and rinse under cold water, then drain well again. Cut into 5mm thick slices and toss in the olive oil with the spring onions and some seasoning, to coat. Set aside.

3 Cook the peas in a pan of boiling water for 5min, until tender. Drain and rinse under cold water. Set aside 50g of the peas and put the remainder into a blender with the hummus, 50ml water and some seasoning. Purée until smooth.

4 Spread the pea mixture over the pastry and top with the potatoes and spring onions. Cook for 15min more, until the potatoes and spring onions start to turn golden. Scatter over the reserved peas and drizzle with more oil, if you like. Serve.

PER SERVING CALS 543; FAT 32G; SAT FAT 15G; CARBS 48G

Grilled avocado, tomato & mozzarella salad

Grilled avocado sounds faintly ridiculous until you try it – lightly smokey and very addictive. The fruit should be ripe, but not overly soft, or the flesh will disintegrate.

SERVES 4 PREP *20min, plus salting* COOK *about 10min*

- **1kg mixed tomatoes, we used various coloured, heritage varieties**
- **2 avocados**
- **1tbsp extra virgin olive oil, plus extra to drizzle**
- **2 x 125g balls buffalo mozzarella, drained**
- **Large handful fresh basil leaves or punnet of cress**
- **Balsamic vinegar, to drizzle**

1 Halve or quarter the smaller tomatoes; slice or roughly chop the larger ones. Put all the tomatoes into a colander, sprinkle over ½tsp salt, toss together and leave in the sink for 20min to allow any excess moisture to drain out.

2 Meanwhile, halve, destone and peel the avocados. Slice the flesh into 1cm thick slices. Preheat a griddle pan over high heat. Brush avocado slices with the oil and arrange on the griddle. Once charred black lines appear on the underside of the slices, flip and repeat on the other side.

3 Tip the tomatoes on to a large flat platter. Rip the mozzarella into bite-size pieces and dot among the tomatoes. Sprinkle over the basil or snip over the cress. Season with freshly ground black pepper and drizzle over some balsamic vinegar and extra virgin olive oil. Serve with crusty bread, if you like.

GET AHEAD **Prepare up to a few hr ahead, cover and keep at room temperature.**

PER SERVING CALS 371; FAT 31G; SAT FAT 12G; CARBS 9G

Fruity spiced ham with pineapple salsa

A glorious glazed ham makes a super centrepiece and this tropical take is perfect for entertaining. You can use smoked or unsmoked gammon, but smoked works particularly well with the pineapple juice and spices, and gives an almost barbecued flavour.

SERVES 8 WITH LEFTOVERS PREP *25min, plus cooling* COOK *about 3hr*

- **3kg boneless smoked/unsmoked gammon**
- **1 onion, sliced**
- **2 bay leaves**
- **1tsp black peppercorns**
- **2 whole star anise**
- **1 litre pineapple juice (not from concentrate)**
- **3tbsp dark brown soft sugar**
- **Pinch dried chilli flakes, optional**

FOR THE SALSA

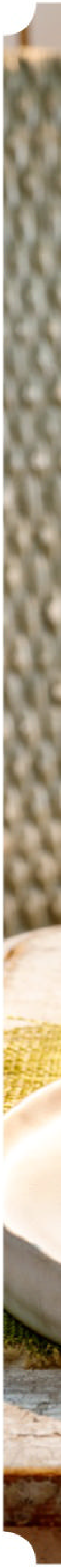
- **1 medium-sized ripe pineapple**
- **1 red pepper, deseeded and finely chopped**
- **2 spring onions, halved and sliced**
- **1 large red chilli, deseeded and finely chopped**
- **Finely grated zest and juice 1 lime**
- **Handful coriander, roughly chopped**

1 Weigh gammon and calculate cooking time, allowing 20min per 450g, plus 20min.

2 Put gammon in a pan (that has a lid) just big enough to hold it, with the onion, bay leaves, peppercorns and star anise. Add 750ml pineapple juice and top up with cold water to cover. Cover with the lid and bring to the boil over medium-high heat. Reduce heat and simmer very gently for calculated cooking time.

3 Remove ham from cooking liquid (reserve liquid) and put on a board. Leave to cool slightly. Preheat oven to 220°C (200°C fan) mark 7. Meanwhile, put reserved pineapple juice in a small pan, bring to the boil and bubble until reduced, about 15min.

4 Remove any string from the ham. Using a sharp knife, slice off the skin,



leaving a good layer of fat. Score a close diamond pattern into the fat.

5 Line a roasting tin that will just fit the ham with a double layer of foil. Add ham (fat-side up). Brush the reduced pineapple juice over the meat and into the fat, then sprinkle the fat with the sugar and dried chilli flakes (if using). Add a large mugful of the reserved cooking liquid to the roasting tin. Roast for 25-35min, until an even golden brown.

6 Meanwhile, make the salsa. Slice the skin off the pineapple and use the tip of a knife or vegetable peeler to remove the brown 'eyes'. Cut into quarters vertically and slice out the woody core. Finely dice the flesh. Add to a serving bowl and mix in the remaining salsa ingredients and a generous pinch of salt.

7 Slice the ham and serve with the salsa.

GET AHEAD Poach gammon a day or 2 ahead; cool completely in the cooking liquid, then cover and chill (still in liquid). Bring to room temperature before completing recipe to serve. The finished ham and salsa will keep well in the fridge for up to 4 days; bring to room temperature before serving.

PER SERVING (IF SERVING 8): CALS 579; FAT 28G; SAT FAT 9G; CARBS 14G

Cook's tip

Turn leftover ham and salsa into a super-fresh Hawaiian pizza – just scatter over a ready-made base with some torn mozzarella.

Cook's tip

To make the asparagus strips look even brighter, blanch the whole asparagus in boiling water for 2min, then plunge into ice-cold water before peeling into ribbons.

Salmon & asparagus terrine

The smoked salmon casing keeps the terrine together, but it does cook in the oven. You can lay more smoked salmon over the finished terrine.

SERVES 10 PREP *30min, plus cooling and overnight chilling*
COOK *about 40min*

- **25ml olive oil, plus extra to grease**
- **1 red chilli, deseeded and finely chopped**
- **1 garlic clove, finely chopped**
- **2.5cm piece fresh root ginger, peeled and grated**
- **125g fine asparagus spears, ends trimmed**
- **200g smoked salmon, in long, thin slices**
- **2tbsp freshly chopped dill, plus extra to garnish**
- **800g skinless, boneless salmon fillets, ideally in 1 or 2 pieces**
- **1 lemon, cut into wedges**

1 In a small bowl, mix the oil, chilli, garlic, ginger and plenty of seasoning.

2 Bring a pan of water to the boil and cook asparagus for 2-3min. Drain, then run under cold water to cool (see COOK'S TIP). Pat dry with kitchen paper.

3 Preheat oven to 180°C (160°C fan) mark 4. Line a 900g loaf tin with a double layer of foil, then lightly grease foil. Line inside of tin with most of the smoked salmon (as best you can), reserving some for the top. Sprinkle over ⅓ of the dill and ⅓ of the oil mixture.

4 Trim ½ the salmon fillet to fit neatly inside base of tin. Neatly lay asparagus over in an even layer. Top with another ⅓ of the dill and oil mixture. Cover with remaining trimmed salmon fillet, then the last of the dill and oil mixture.

5 Cover top of terrine with reserved smoked salmon; wrap whole tin well in a few layers of foil. Put wrapped tin into a roasting tin; fill with boiling water to halfway up sides of loaf tin. Cook in oven for 40min or until a metal skewer inserted in the centre comes out just warm.

6 Leave to cool (still wrapped) completely in water. Transfer wrapped terrine to an empty roasting tin; lay a couple of food tins on top to weigh it down. Chill overnight.

7 To serve, turn out on to a serving plate and carefully peel off foil. Garnish with extra dill and serve with lemon wedges.

PER SERVING: CALS 194; FAT 12G; SAT FAT 2G; CARBS 0.3G ➜

Recipes Hearst Food Network **Photography** Alex Luck, Gareth Morgans, Myles New, Kate Whitaker

Raise a toast!

Celebrate in seasonal style over the Coronation weekend with a cocktail that showcases Britain's finest berry. It's easy to scale up for larger crowds

Frozen strawberry daiquiri

Keep a stash of strawberries in the freezer so you can whip up this gorgeous boozy treat. Buy or pick them when they're abundant; wash, hull and dry carefully; then freeze on open trays until firm before transferring to sealed freezer bags.

Whizz 400g frozen, hulled **strawberries** in a blender with 75-100ml **white rum**, 4tbsp **caster sugar** and the zest and juice of 1 **lime** until slushy but still frozen, then pour into two large glasses and serve immediately.

Recipe Hearst Food Network **Photography** Gareth Morgans

Red, white, blue… & DELICIOUS!

Get into the patriotic (and seasonal!) vibe with these tasty desserts and tempting bakes made with bountiful British berries

Mixed berry white chocolate celebration cake

With a citrus-infused sponge and buttercream, and piled high with beautiful berries, this cake works equally well as a showstopping birthday bake or as a fruity pud to finish a special meal. The chocolate cigarillos make decorating easy – no need for fancy piping here!

SERVES 20-24 PREP *45min, plus cooling* COOK *about 1hr 10min*

- **225g unsalted butter, softened, plus extra to grease**
- **225g caster sugar**
- **4 medium eggs, beaten**
- **100g plain flour, sifted**
- **225g self-raising flour, sifted**
- **Finely grated zest and juice 1 large orange**
- **2tbsp apricot conserve**
- **2tbsp milk, if needed**

FOR THE SYRUP

- **25g caster sugar**
- **Juice 1 large orange**

FOR THE DECORATION

- **125g unsalted butter, at room temperature**
- **Finely grated zest 1 large orange**
- **225g icing sugar**
- **1-2tbsp milk**
- **2tbsp apricot conserve**
- **75 x white chocolate 100mm cigarillos, see COOK'S TIP**
- **450g mixed berries, to decorate (we used strawberries, raspberries, blueberries and redcurrants)**

1 Preheat oven to 170°C (150°C fan) mark 3. Grease and line a 20.5cm round cake tin with baking parchment. Whisk the butter in a large bowl with a handheld electric whisk until light. Add the sugar and whisk until the mixture is pale and creamy. This will take 5-10min.

2 Add the eggs a little at a time, whisking after each addition. If it looks like it's curdling, add 1tbsp plain flour. Fold in the (remaining) flours, orange zest and juice, and conserve. The mixture should fall easily off the spoon. If it doesn't, stir in a little milk. Spoon into prepared tin and level surface. Bake for about 1hr 10min, or until golden and a skewer inserted into the centre comes out clean.

3 Put the syrup ingredients into a pan and bring to the boil, stirring to dissolve sugar. Simmer for 1min. Cool a little. Prick the cake with a skewer, pour the syrup over and allow to cool in the tin.

4 To decorate, beat butter and orange zest with a handheld electric whisk until pale and combined, then gradually add icing sugar, 1tbsp at a time. Fold in milk. Remove cake from tin and take off parchment. Slice in ½ horizontally.

5 Put bottom cake ½ on a serving plate or cake stand, then use a palette knife to spread a little buttercream over it. Add a layer of conserve, then top with the other cake ½. Ice sides and top with buttercream (don't worry too much about making it neat; just go for an even layer all over).

6 Measure a chocolate cigarillo against the side of the cake and use a sharp knife to cut to size – you want it to come just above the edge of the cake. Use this as a measure to trim several curls at a time, then stick them to the buttercream on the edge of the cake. Arrange fruit on top and serve in slices.

PER SLICE (WHEN CUT INTO 24): CALS 382; FAT 22G; SAT FAT 13G; CARBS 34G

→

Cook's tip

You can find chocolate cigarillos online, or for a cheaper alternative, use white chocolate fingers, leaving them whole so they don't crumble.

> 'This stunning confection of light sponge, juicy berries and white chocolate is a real showstopper'

PREPARE AHEAD Make cake to the end of step 3 up to 2 days in advance. Take out of tin, wrap in clingfilm and store in a cool, dry place. The cake can also be made and assembled with the buttercream and chocolate curls up to a day ahead, as long as it's kept lightly covered in clingfilm in a cool place – but don't store in the fridge or the texture of the cake will harden. It's best to add the fruit just before serving so the juices don't run into the icing.
FREEZE AHEAD Make and wrap cake as above. Freeze for up to 3 months. Thaw for 24hr, then decorate.

Blueberry & hazelnut cake

Plump blueberries and crunchy hazelnuts are a good start for any cake. Add a sponge that's light as can be and a dollop of lemon curd-flavoured cream, and you're in for a treat.

SERVES 10 PREP *20min, plus cooling* COOK *about 50min*

- **150g unsalted butter, plus extra to grease**
- **100g self-raising flour, plus extra to dust**
- **7 large egg whites**
- **225g caster sugar**
- **1tsp vanilla extract**
- **125g blueberries**
- **50g roasted chopped hazelnuts**
- **200ml double cream**
- **3tbsp lemon curd**
- **Icing sugar, to dust**

1 Preheat oven to 180°C (160°C fan) mark 4. Grease a 20.5cm loose-bottomed cake tin, then dust with flour (tapping out any excess). Melt butter in a small pan and set aside for 10min to cool slightly.

2 Using a handheld electric whisk, beat the egg whites in a large bowl until stiff. While still mixing, gradually add the sugar and beat until the mixture becomes thick and glossy.

3 Beat in the vanilla and about ½ the cooled, melted butter, followed by ½ the flour. Repeat until all butter and flour are incorporated. Use a large spoon to fold in a small handful of the blueberries and ½ the hazelnuts. Spoon mixture into prepared cake tin and sprinkle over the remaining berries and nuts. Bake for 40-50min until golden and there is no wobble to the cake when you shake the tin slightly.

4 Run a knife around the inside edge of the tin to help release the cake, then take it out of the tin and cool on a wire rack. It will sink in the middle slightly, but don't worry – this is the nature of a whisked egg sponge.

5 Put the cream into a medium bowl and whip until it just holds its shape. Stir in the lemon curd. Dust cake with icing sugar and serve in slices with the lemon curd cream.

TO STORE Keep the finished cake covered in the fridge for up to 3 days.

PER SERVING WITH 1TBSP OF FLAVOURED CREAM: CALS 356; FAT 23G; SAT FAT 12G; CARBS 36G

Chocolate, hazelnut & raspberry torte

You won't believe how simple this decadent delight is to make. You don't need a particularly high cocoa solids dark chocolate for this and can even use milk chocolate instead.

SERVES 12 PREP *20min, plus cooling and chilling* COOK *about 10min*

- **300g dark chocolate, finely chopped**
- **25g golden syrup, plus extra to stick**
- **25ml Frangelico hazelnut liqueur, optional**
- **200g white chocolate, finely chopped**
- **100g brandy snaps**
- **600ml double cream**
- **75g icing sugar, plus extra to dust**
- **25g roasted chopped hazelnuts**
- **450g raspberries**

1 Melt dark chocolate, golden syrup and Frangelico (if using) in a heatproof bowl set over a pan of barely simmering water – do not stir or the mixture will seize into a solid mass. Take off heat and set aside. Melt white chocolate in a separate bowl as above; take off heat; set aside. Allow both bowls to cool until just warm, about 15min.

2 Meanwhile, line base and sides of a 20.5cm round cake tin, at least 9cm deep, with baking parchment – use a little golden syrup to help stick the parchment. Roughly crumble brandy snaps into base of tin.

3 In a large bowl, whip cream and icing sugar until mixture just holds its shape. Spoon roughly ⅓ of cream mixture into white chocolate bowl. Add hazelnuts; fold to combine.

4 Next, fold melted dark chocolate mixture into remaining cream. Spoon into prepared tin and smooth to level, trying not to disturb brandy snaps.

5 Sprinkle on ⅓ of the raspberries, then top with the white chocolate mixture, smoothing to level. Arrange remaining raspberries on top. Chill for at least 1hr.

6 To serve, transfer to a serving plate and allow to sit at room temperature for at least 10min. Dust with icing sugar and serve in slices.

PER SERVING: CALS 572; FAT 42G; SAT FAT 25G; CARBS 41G ➜

‘A chocolatey delight that’s the perfect get-ahead pud for entertaining’

GET AHEAD

Make to end of step 5 up to 2 days ahead. Cover tin loosely; chill. Complete recipe. Leave to stand at room temperature for 10min; serve.

Strawberry & clotted cream mousses

These elegant layered desserts make for a great end to any feast.

'What could be more British than strawberries and cream?'

MAKES 6 PREP *35min, plus cooling and chilling* COOK *about 12min*

FOR THE PANNA COTTA

- **3 sheets platinum-grade leaf gelatine, we used Dr. Oetker**
- **175ml semi-skimmed milk**
- **40g caster sugar**
- **1tsp vanilla bean paste**
- **225g clotted cream, we used Rodda's**

FOR THE MOUSSE

- **1 sheet platinum-grade leaf gelatine, see COOK'S TIP**
- **300g strawberries (hulled weight), plus extra to decorate**
- **50g caster sugar**
- **2 medium egg whites***
- **150ml double cream**

1 First, make the panna cotta layer. Cover gelatine with cold water and leave to soak for 5min. Meanwhile, heat the milk and sugar in a pan over low heat, whisking until the sugar dissolves.

2 Lift out the gelatine (squeeze out excess water) and whisk into the hot milk mixture to dissolve. Remove pan from heat and whisk in the vanilla and clotted cream (including any crust on the cream), until smooth. Divide between 6 glasses or small pudding bowls. Cool, then chill until set, about 2hr.

3 For the strawberry mousse layer, soak the gelatine in cold water for 5min. Roughly chop 225g of the strawberries and heat in a small pan with 1tbsp of the sugar and 1tbsp water, stirring and cooking until the strawberries are mushy. Lift out the gelatine (squeeze out excess water) and stir into strawberries to dissolve. Blend until smooth. Set aside to cool.

4 In a medium bowl, using a handheld electric whisk, beat the egg whites to stiff peaks. Gradually beat in the remaining sugar, whisking back up to stiff peaks. In a separate large bowl, beat the cream until fairly firm.

5 Strain the cooled strawberry mixture through a fine sieve into the cream bowl (discard the seeds) and fold in with a large metal spoon. Next, fold in the egg whites, being careful to keep in as much air as possible. Finely chop the remaining 75g strawberries and fold in. Divide mousse between the glasses and return to the fridge for at least 2hr to set.

6 To serve, decorate with extra whole or chopped strawberries.

GET AHEAD **Prepare to end of step 5 up to a day ahead. Keep chilled. Complete recipe to serve.**

PER SERVING: CALS 446; FAT 38G; SAT FAT 24G; CARBS 20G

Cook's tip

The strawberry mousse layer is voluptuous and softly set. If you prefer an airier, firmer mousse, use 2 gelatine sheets in step 3.

Recipes Hearst Food Network **Photography** Steve Baxter, Mike English, Gareth Morgans, Kate Whitaker.

*Pregnant women, infants and the elderly are advised to eat raw eggs only if they have the British lion stamp

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MARCH
INTO SPRING
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Light
Strawberry
Serving Suggestion
WITH A SPOONFUL
OF SUMMER
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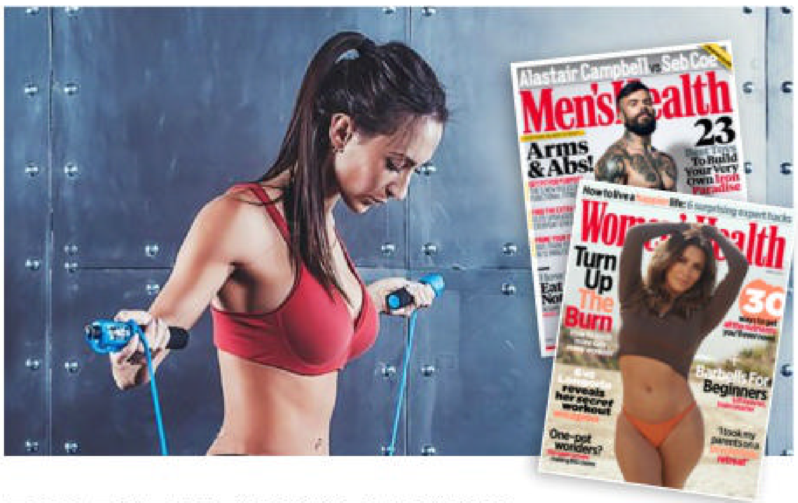
FOR THE HOME LOVER

Home is where the heart is, and nothing beats sitting down with a cuppa and taking some time away from your screen with our inspiring home and lifestyle ideas.

FOR THE TRENDSETTER

Perfect for those who like to keep up to date with our style guides and fashion, plus our limited-edition beauty boxes.



FOR THE FITNESS FANATIC

Workout ideas from top PTs, plus delicious meals and nutrition tips in our magazines and special editions, offer the perfect motivation for those looking to achieve their health and fitness goals.

FOR THE OUTDOORSY TYPE

We have a brilliant selection of magazines for nature lovers, whether they are gardening fanatics or enjoy going for a run, from beginner to professional and everything in between.

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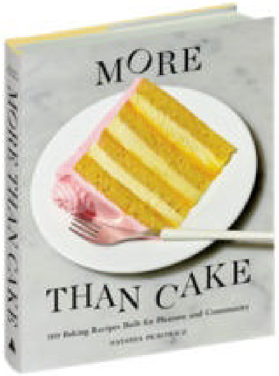
THE LATEST FOODIE DELIGHTS THIS MONTH

Cook it, eat it, LOVE IT!

Tasty ideas from the kitchen of cookery editor Emma Franklin

Cookbook of the month



One for slightly more adventurous or experienced bakers, this book is full of truly innovative and exciting flavour pairings and ideas to take your bakes to the next level, be they savoury or sweet, teatime treats or showstopper affairs such as the Olive Oil, Mascarpone and Fennel Layer Cake (right).

• *More Than Cake: 100 Baking Recipes Built For Pleasure And Community (Workman Publishing) by Natasha Pickowicz is out 11 April*

SWEET TREAT

Tony's is a brand on a serious mission – to end slavery in the chocolate trade – and it's partnered with ice-cream impresarios Ben & Jerry's to create these White Strawberry Cheesecake and Dark Milk Brownie bars. Sweetness *and* heart all in one tasty treat? Count me in!

Tony's Chocolonely Chocolate Love A-Fair Bars, £3.50 for 180g each, widely available

Also available in several fruity flavours

TOP TIPPLE

Gin, rum, tequila… they've all had their moment in the sun and now it's the turn of Swedish schnapps. These are some of the most-praised flavoured spirits I've given my tasting panel, with a herbal note and clean, sweet (but not cloying) flavours. Serve alone, well chilled.

Flävar Salted Caramel Schnapps, £19.99 for 70cl, 25% ABV, flavarspirit.com

STORECUPBOARD CHILLI CHEAT

Keep a jar of Very Lazy Chilli Boost on hand to add a major hit of flavour to any dish that's lacking a certain something. Packing so much more than just heat, these tasty chilli condiments are full of intense, savoury-boosting ingredients. Whether you go for medium Smokey or fiery Zingy, you'll be on to a winner.

Very Lazy Chilli Boost (Smokey Medium/ Zingy Hot), £3 for 180g, Tesco

3 of the BEST

VEGAN 'CHICKEN' ALTERNATIVES

Still growing in popularity, faux meats are getting better and better.

Oumph! Korean BBQ Chunks, £3 for 180g, Sainsbury's

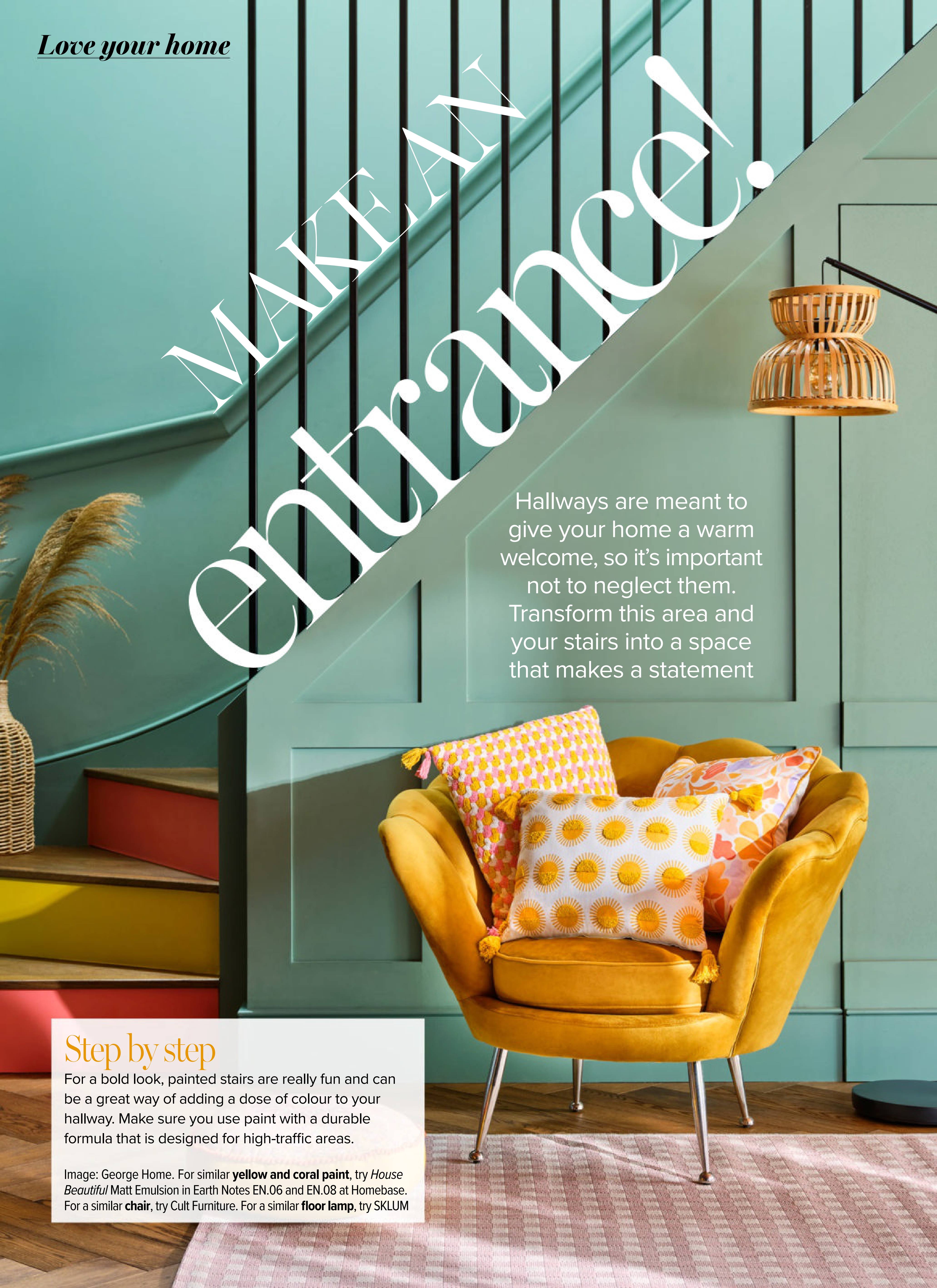
Soya

Soya/Pea

Moving Mountains No Chicken Nuggets, £3 for 220g, Ocado

Squeaky Bean Seasoned Chicken Style Pieces, £3.25 for 175g, Sainsbury's

Wheat/Pea



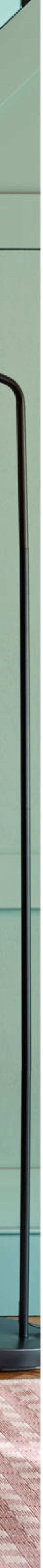
MAKE AN entrance!

Hallways are meant to give your home a warm welcome, so it's important not to neglect them. Transform this area and your stairs into a space that makes a statement

Step by step

For a bold look, painted stairs are really fun and can be a great way of adding a dose of colour to your hallway. Make sure you use paint with a durable formula that is designed for high-traffic areas.

Image: George Home. For similar **yellow and coral paint**, try *House Beautiful* Matt Emulsion in Earth Notes EN.06 and EN.08 at Homebase. For a similar **chair**, try Cult Furniture. For a similar **floor lamp**, try SKLUM



Dressing the stairs

Make your entranceway cosy with a stair runner. Choose a design that is cohesive with the rest of your interiors or, if you'd like this area to stand out, pick out a contrasting pattern. Jute carpets are on trend and super hardwearing, making them ideal for stairs.

Jute **stair runner**, from £129; wood **mirror**, £80; black **mirror**, £40; natural **wall art**, £45; hexagonal **basket**, £15; all Dunelm

Carpet 101

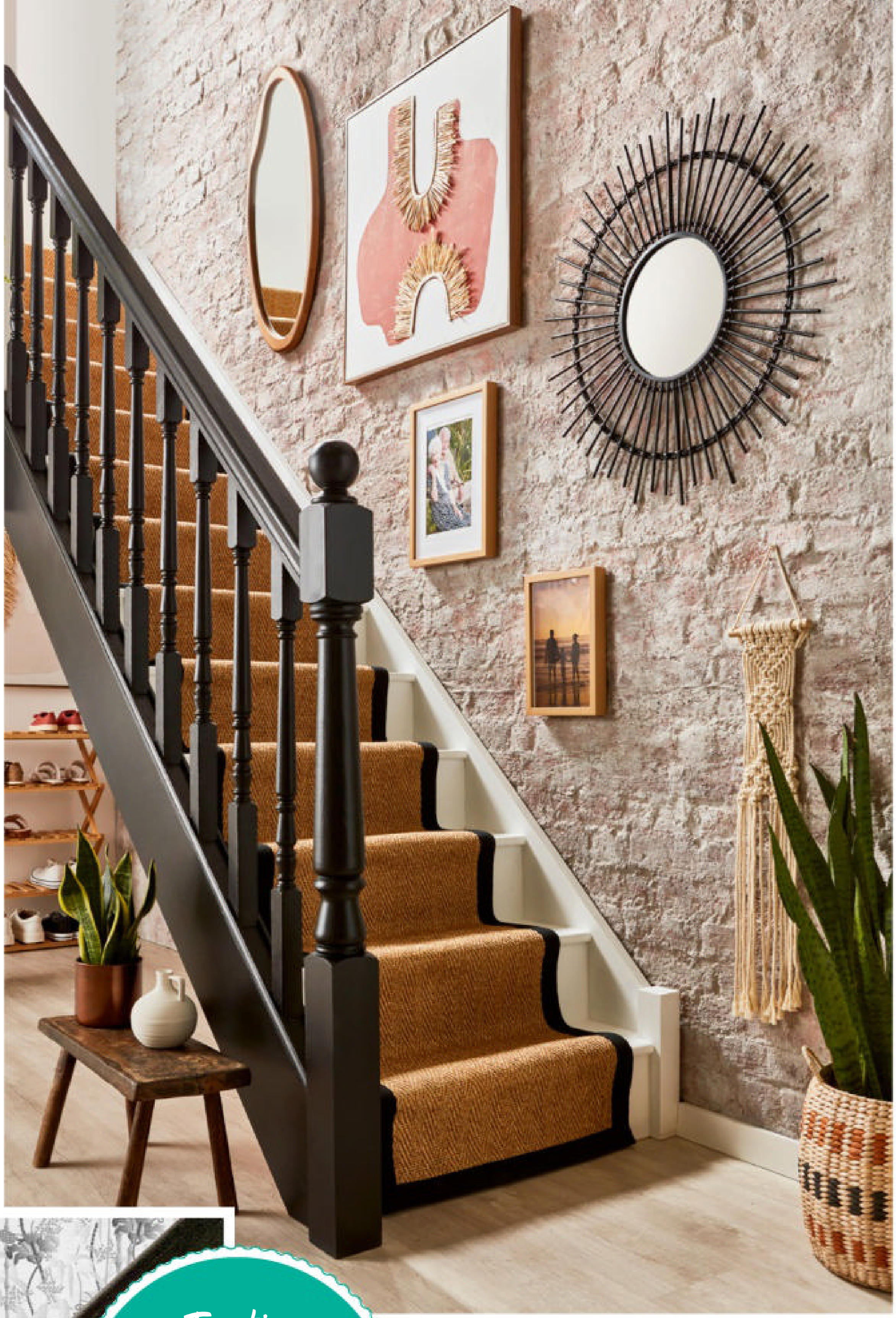
Opting for a stair carpet is a great pick for warmth underfoot. A low-pile polyester carpet is the best option as it is naturally more hardwearing and stain-resistant.

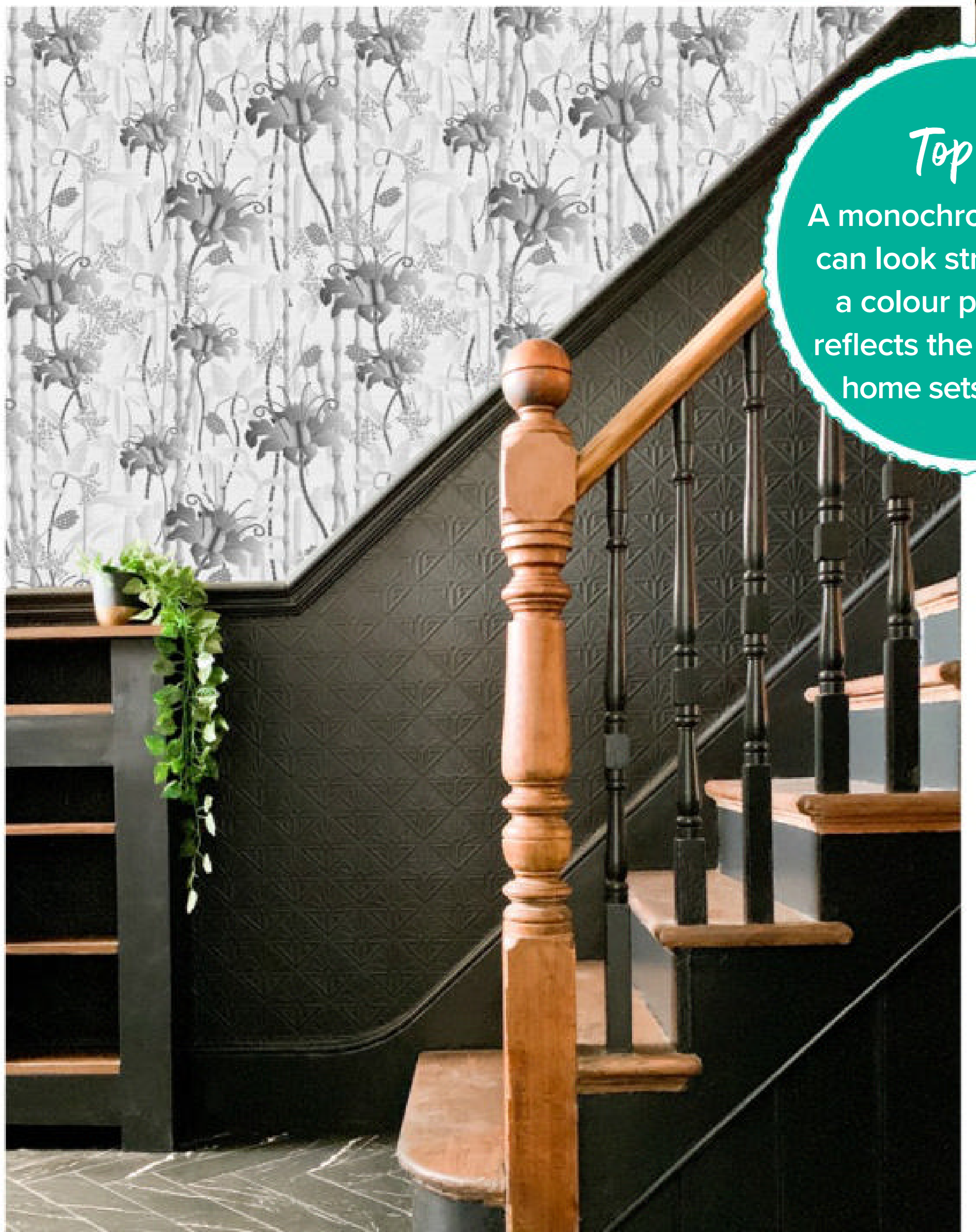
Kingston **carpet** in Citrine Heather, £14.99 a sq m, Carpetright

Standout wallpaper

Want to use wallpaper in your home? Hanging it on the wall going up your stairs is a popular choice. Hallways are often taken up with bulky furniture and practical storage solutions, so creating pretty walls is a welcome distraction.

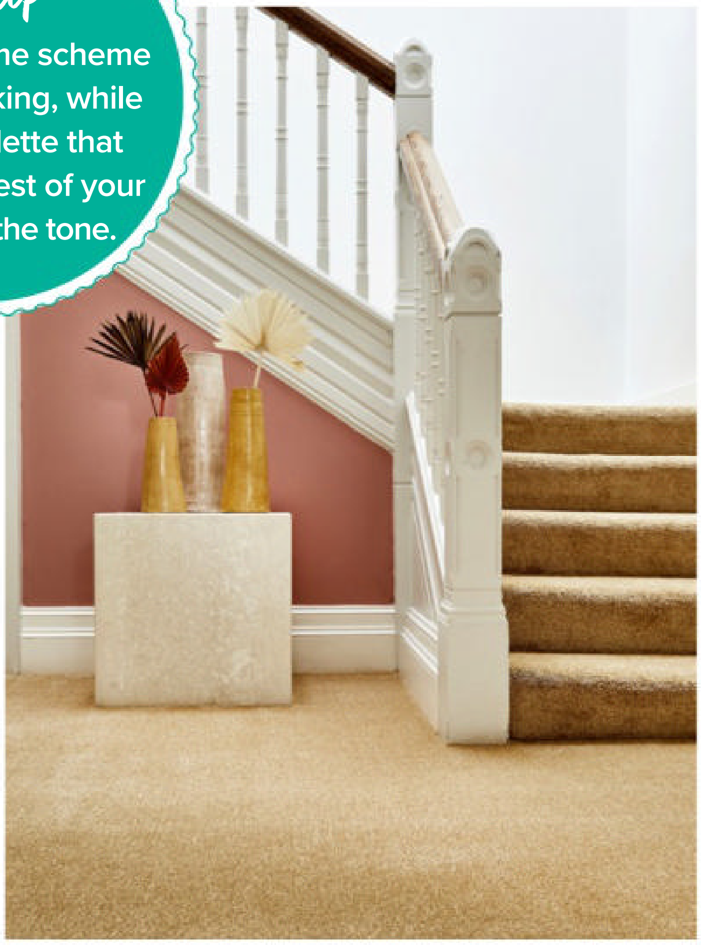
Electric Lagoon Mist **wallpaper**, £135 a roll, The Curious Department

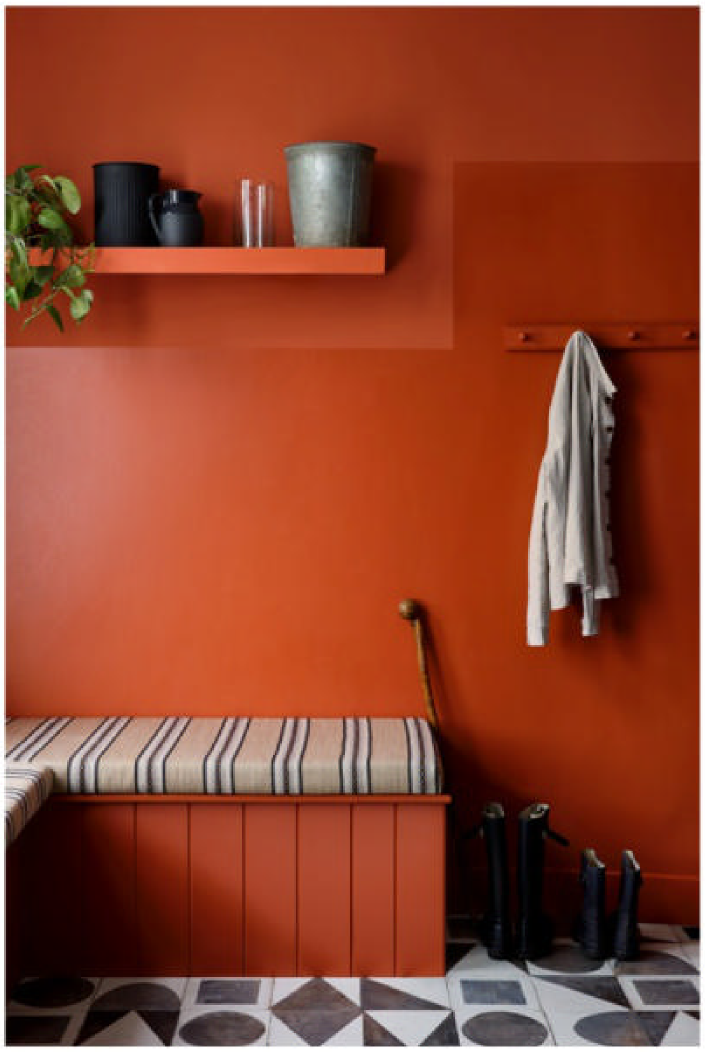




Top tip

A monochrome scheme can look striking, while a colour palette that reflects the rest of your home sets the tone.





A stylish welcome

Create a designated area that draws the eye and zones the space. A console table works well with a mirror hung above it. It's also a great opportunity to display your favourite knick-knacks on top. A vase filled with foliage or flowers will make you and your guests smile.

Cherrington **mirror**, £80; Notgrove **console**, £304; Grafton **desk lamp**, £80; Mayfield **tray**, £36, all Garden Trading. For a similar vase, try Ikea

Hidden storage

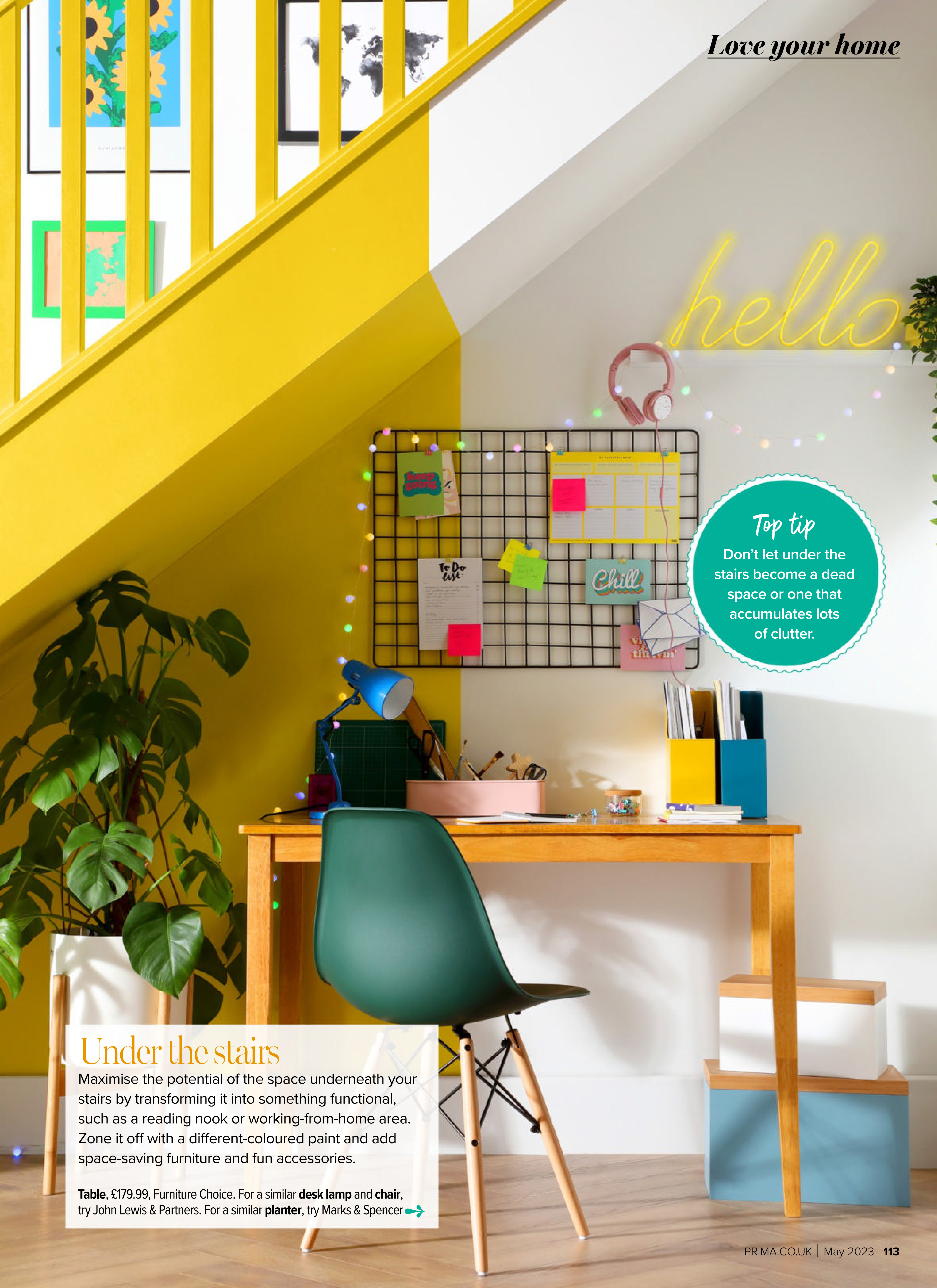
Rather than investing in built-in furniture, opt for bench-style seats with storage underneath.

Upper wall and shelf painted in **Architects' Matt** in Caravan, £59.50 for 2.5L; lower wall, peg rail and window seat painted in **Architects' Satinwood** in Caravan, £83 for 2.5L, both Paint & Paper Library. For **storage benches**, try Wayfair

Small spaces

Hallways are often modest and narrow. Try to avoid clunky furniture and utilise wall space with hooks and shelving to house necessities.

Wall painted in **Re:mix Emulsion** in Livid, £28 for 2.5L; rail painted in **Light Intelligent Satinwood** in Portland Stone, £79.50 for 2.5L, both Little Greene. For similar **wall hooks**, try Dunelm. For a similar **rug**, try Glassette



Top tip

Don't let under the stairs become a dead space or one that accumulates lots of clutter.

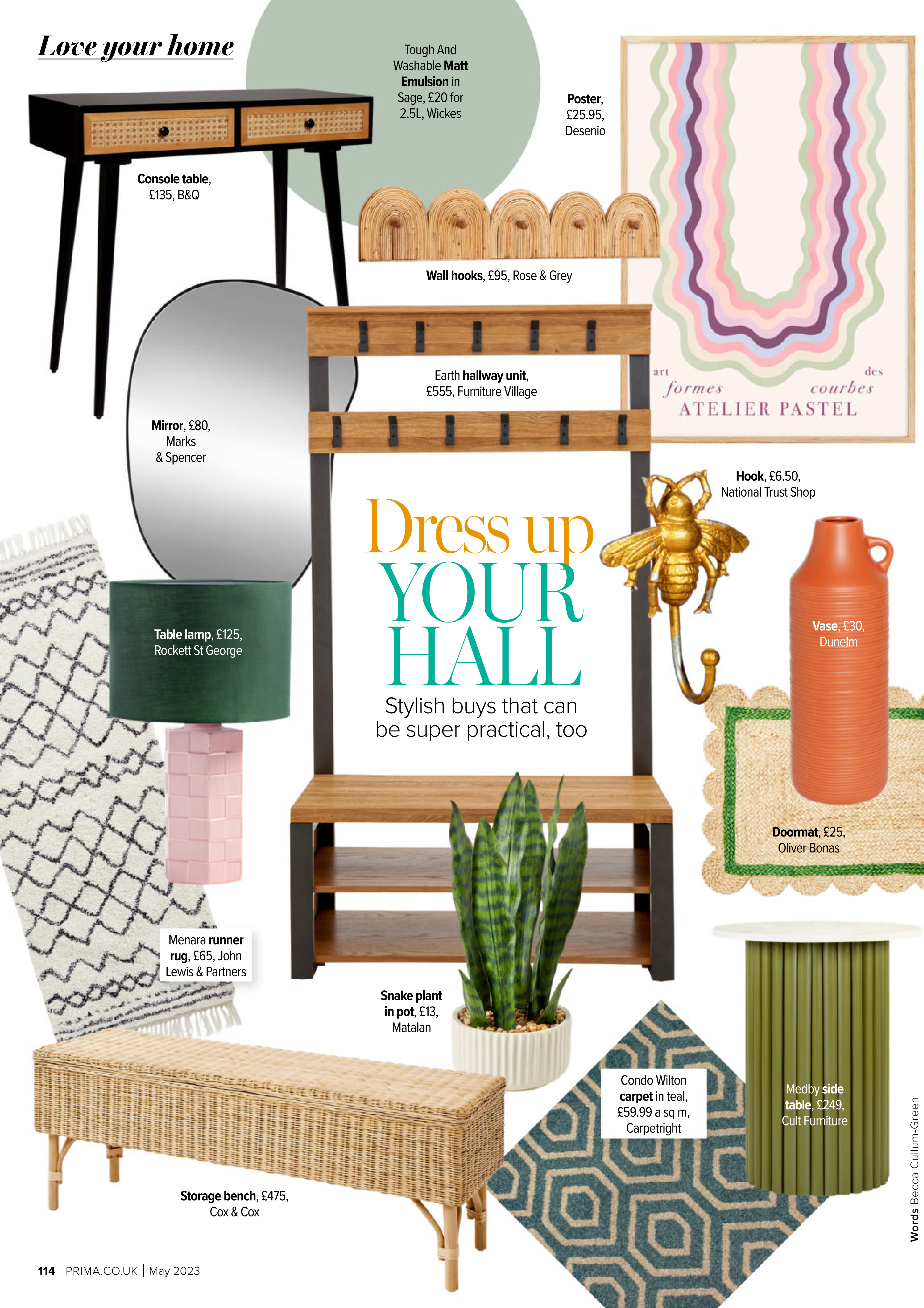
Under the stairs

Maximise the potential of the space underneath your stairs by transforming it into something functional, such as a reading nook or working-from-home area. Zone it off with a different-coloured paint and add space-saving furniture and fun accessories.

Table, £179.99, Furniture Choice. For a similar **desk lamp** and **chair**, try John Lewis & Partners. For a similar **planter**, try Marks & Spencer ➜

Dress up YOUR HALL

Stylish buys that can be super practical, too



Tough And Washable **Matt Emulsion** in Sage, £20 for 2.5L, Wickes

Poster, £25.95, Desenio

Console table, £135, B&Q

Wall hooks, £95, Rose & Grey

Earth **hallway unit**, £555, Furniture Village

Mirror, £80, Marks & Spencer

Hook, £6.50, National Trust Shop

Vase, £30, Dunelm

Table lamp, £125, Rockett St George

Doormat, £25, Oliver Bonas

Menara **runner rug**, £65, John Lewis & Partners

Snake plant in pot, £13, Matalan

Condo Wilton **carpet** in teal, £59.99 a sq m, Carpetright

Medby **side table**, £249, Cult Furniture

Storage bench, £475, Cox & Cox

Words Becca Cullum-Green

5 big ideas FOR SMALL BATHROOMS

Size isn't everything! Ruth Foster, interior designer at the UK's largest online-only bathroom retailer, Victoria Plum, shares her failsafe tips for creating a stylish sanctuary

1

Have a fluid design

When updating a small bathroom, you should always think about the overall effect. With a simple design, including clean lines and contemporary features, your bathroom can be transformed into an elegant space to relax in. Opt for fitted bathroom furniture with a back-to-wall toilet and vanity unit to keep the look sleek and chic. Also, keep patterns to a minimum and choose neutral finishes, such as natural stone wall and floor tiles. ➔

2

Maximise the natural light

When natural light reflects off surfaces, it creates the illusion of a larger space. Maximise any natural light from windows or skylights by strategically hanging a mirror. If your bathroom has no windows, you can install lights to create interesting effects, or even add an illuminated mirror. The materials that you use in a small bathroom will also play an important role, so opt for clear, frameless glass for your shower screen or enclosure, creating a further sense of space while illuminating the room, too.

3

Keep it cool with your colour scheme

Neutral decor in the bathroom has always been popular, however even more so in smaller spaces. Choosing light shades such as taupe, cream and white will create a lighter and brighter bathroom, making it appear larger than it really is. If you keep this in mind when choosing the colour of your wall and floor tiles, you can create a warm and harmonious design with timeless elegance.

4

Get rid of clutter

Toiletries, cleaning products and ornaments can make a small bathroom look disorganised. Before investing in storage, try to reduce clutter as much as possible. Then optimise your storage with cabinets or boxes so everything can be hidden away. If you want to keep some products on display for ease, consider refillable dispenser bottles to make a space appear uncluttered. Store on glass shelves, window ledges or in a shower recess. Pairing with matching accessories, such as a toilet brush and toothbrush holder, gives a sense of consideration.

Photography Victoria Plum, Getty

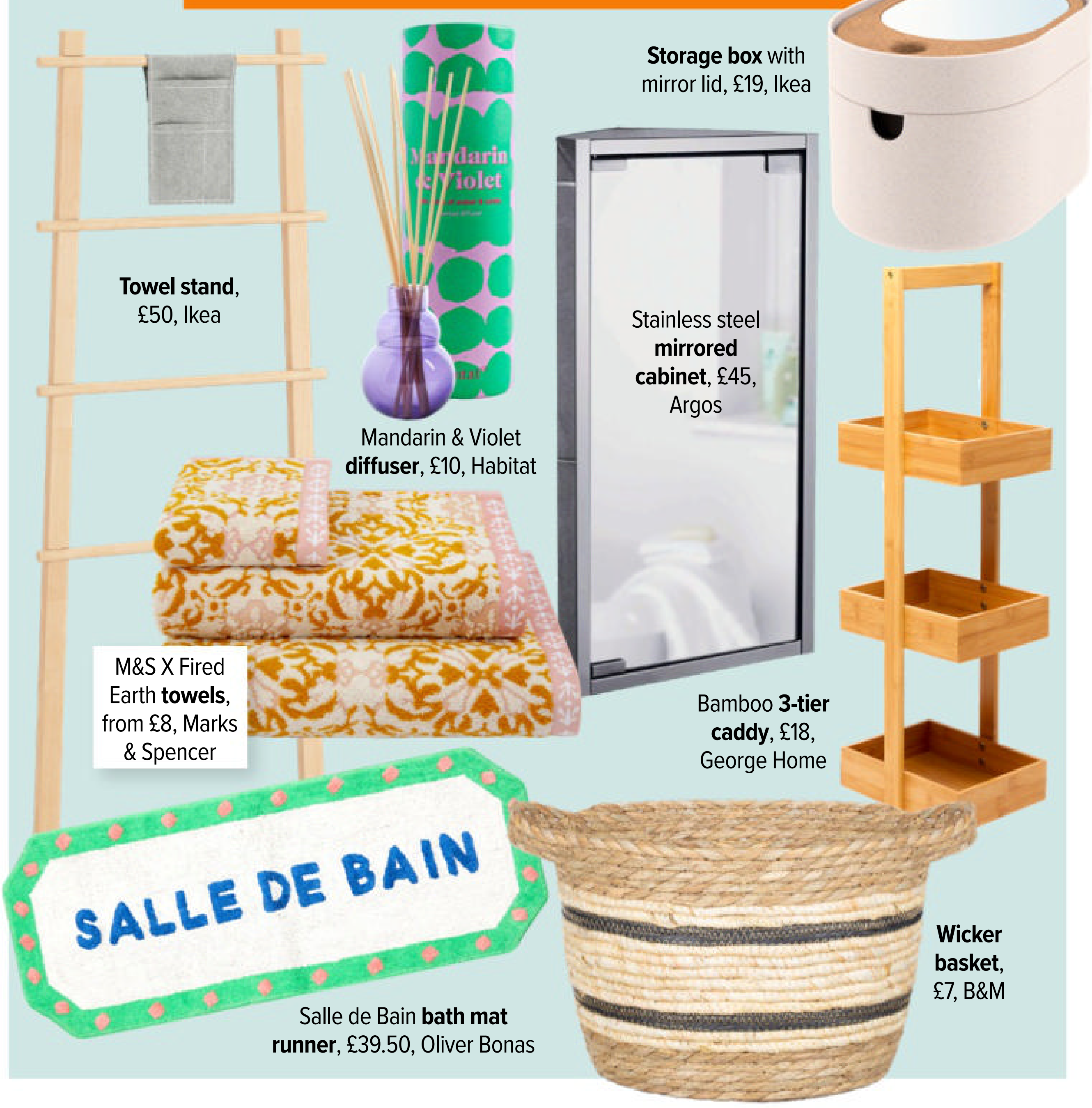
5

Be clever with storage

Make the most of floor space. Opt for a corner basin with a cabinet or install a shower instead of a full-size bath, so more storage solutions can be included. To create the illusion of space, consider how to maximise your available wall space. Raise your storage off the floor with options including wall-hung units, shelving and cupboards. Don't forget to add well-placed robe hooks on the back of the door, and install a heated towel rail to create warmth while storing your towels.

• *For more style advice and inspiration for your space visit victoriaplum.com*

SMALL-SPACE SHOPPING



Storage box with mirror lid, £19, Ikea

Towel stand, £50, Ikea

Stainless steel **mirrored cabinet**, £45, Argos

Mandarin & Violet **diffuser**, £10, Habitat

M&S X Fired Earth **towels**, from £8, Marks & Spencer

Bamboo **3-tier caddy**, £18, George Home

Wicker basket, £7, B&M

Salle de Bain **bath mat runner**, £39.50, Oliver Bonas

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ARBOURFIELD
This innovative, Somerset-based company celebrates the best of timeless country style with its hand-forged, British-made garden benches crafted from durable steel that come in a white or galvanized-metal finish.

FLORADORE
From her base in Falmouth, Cornwall, artist Lucy creates beautiful printed goods and textiles that bloom with colour and pattern. The range includes cards, furoshiki-inspired floral fabric wrappings and botanical artworks.

COUNTRYLIVINGSHOP.CO.UK/PRI-MAY

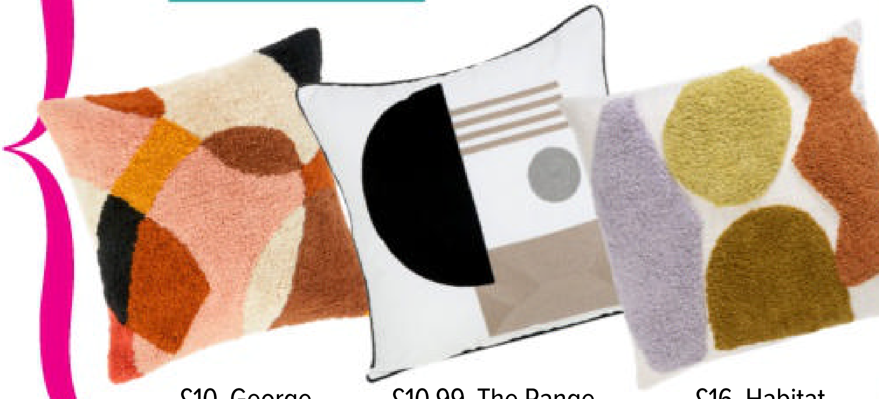
Floral fantasy

Embrace maximalism with full-on pattern. Start with the walls, then continue it throughout the room.

Fantasy Rainforest Paste The Wall **wallpaper**, £34 a roll; Scallop **bed**, from £575 for a double; Emporium **duvet cover and pillowcase set**, from £47 for a single; fringed **cushion**, £20; **bedside table**, £250, all Next

3 of the BEST ABSTRACT CUSHIONS

Add bold pattern to a sofa.



£10, George

£10.99, The Range

£16, Habitat

Genius idea

This tidy is the perfect place to display and store objects in a very narrow area, such as a hall.

Hallway **tidy**, £140, Urbansize

WHAT'S HOT IN INTERIORS THIS MONTH

Style it, do it, LOVE IT!

Great buys from our homes expert Carolyn Bailey

Spotlight on... Dunelm

Give your home the wow factor.

Cakestand, £25

Plant, £22

Elephant, £25

Goblet, £5

Chest, £219

Lantern, £12

Chair, £179

EASY LIVING

Create a relaxed, timeless look with the new Emerald Living range from Habitat.

From left: Jesper **chair**, £200; Gibbins **rug**, £250; Morillo **cabinet**, £340; **wall art**, £15; **candle**, £4; **serve bowl**, £15; bubble **vase**, £16; Harper **sofa**, £750; coffee **table**, £150; flower **cushion**, £10; shaped **candle**, £5; **side table**, £65; recycled green **cushion**, £12; **mug**, £8.50 for 2, all Habitat

Tea towels, £6.50 for 3, Habitat

Briar bud **vase**, £7.50, Oliver Bonas

Plate, £1.50, B&M

STYLE IT FOR £10 & UNDER

Well priced and fabulous.

Viola **notebook**, £6, Also the Bison

Magnolia & Pear **soap**, £6.50, Kew Shop

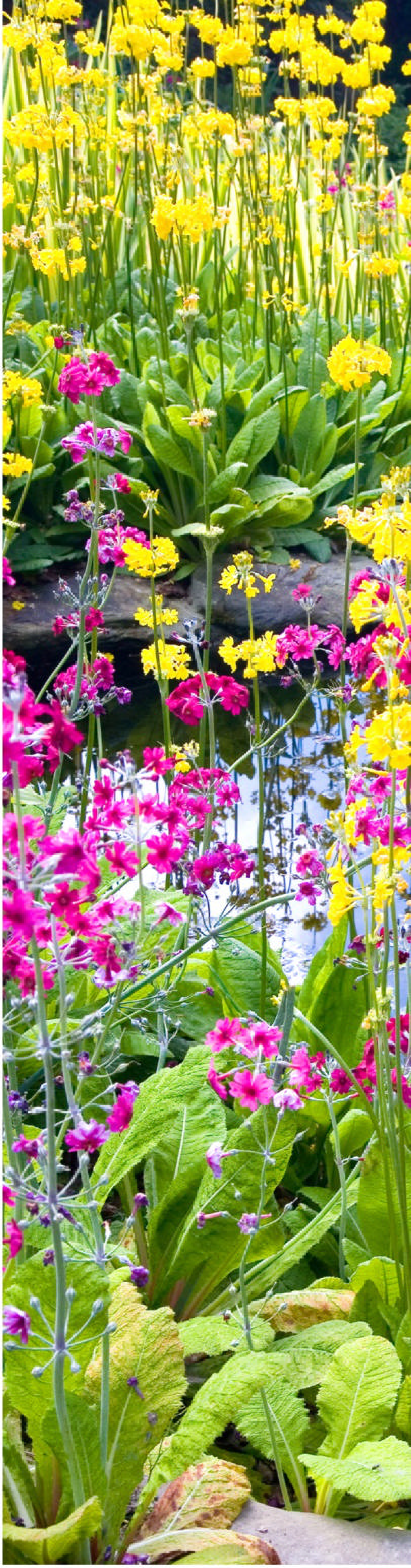
Love **mug**, £5, Marks & Spencer

Daisy **pick**, £7, Hobbycraft

Cushion, £8.99, H&M Home

Create a WATER FEATURE in your garden

It can transform your outside space into something really special and is great for visiting wildlife, too – so why not give it a go?



WHY YOU NEED ONE

THEY LOOK GORGEOUS

A well-maintained water feature or pond is a thing of beauty. Whether you have a reflecting-pool-style feature with no interference from plants or fish, or you plant it up with flowers, ferns, water lilies and more, it will quickly become your go-to place for botanical bliss. And as water features change seasonally, there will always be something different to capture your attention – fresh buds and frogspawn in the springtime, followed by glorious water-lily blooms in summer, through to glittering ice crystals during the cold months (just remember to use a floating de-icer to help to oxygenate your pond if you have any fish in there).

THEY'RE GOOD FOR YOU

Water is life... It covers more than 70% of the Earth's surface and makes up around 60% of our bodies, so it's no wonder we have a deep-rooted bond to the wet stuff. Studies have shown that just being near water helps to soothe us, so if you don't have a seaside or riverside home, then creating a water feature in your garden could be a boon. Bump up the wellness factor with a waterfall or fountain for that relaxing sound of running water, or add some fish – it's thought that watching them swim can help reduce stress and even lower blood pressure. And creating and maintaining a pond or water feature is a year-round hobby, giving you a reason to get out and get active.

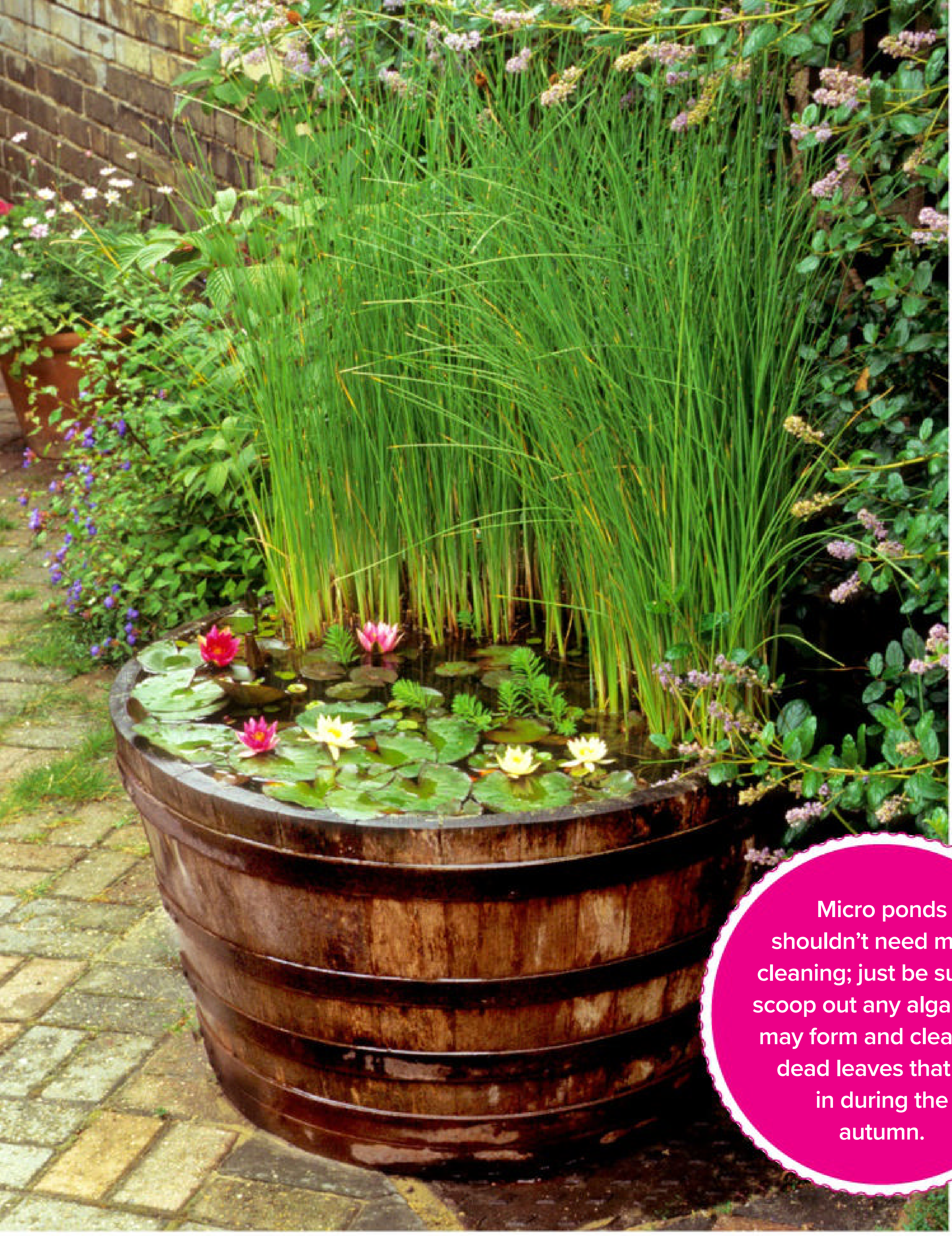
Make sure you include a shallow slope at the edge of your pond so that birds and other wildlife can access the water safely.

THEY'RE PRACTICAL

As well as looking good, ponds and water features can do good, too. For starters, they help to reflect light around the garden, brightening it up on even the dullest day. They also help to moderate temperatures in the garden by slowly releasing warmth captured from the sun's rays (that's why ponds don't always ice over, even when it's below freezing), keeping things nice and toasty for the surrounding plants and wildlife, as well those living in it. They help to conserve water, as not only do they act as a natural water butt for rain and run-off, but because of the space they take up, they also reduce the amount of grass and plants that need watering (and in times of drought or hosepipe bans, you can always use some of the water to hydrate precious blooms). And finally, should you decide to sell your home, well-maintained ponds have been shown to increase the value of a house by making the garden more attractive to some buyers.

THEY'RE ECO-FRIENDLY

A good water feature is one of the most eco-friendly features you can add to your garden. The Wildlife Trusts and the Royal Horticultural Society are urging people to introduce a water feature as, they say, it can make a huge difference to local wildlife. Ponds can provide a drinking hole for thirsty hedgehogs, a breeding ground for newts, frogs and toads, a bath for birds and a source of water for insects such as dragonflies, mayflies and pond-skaters (which in turn provide meals for the birds). Plus, having a pond is a great way to educate kids about nature. ➜



Micro ponds shouldn't need much cleaning; just be sure to scoop out any algae that may form and clear any dead leaves that fall in during the autumn.

MAKE A POND IN A POT

If you don't have room for a full-size water feature, here's a step-by-step guide to creating a pond in a pot (or other suitable container).

YOU'LL NEED

- A pot, half-barrel, old sink, metal washtub – basically, anything that's watertight and strong enough to stand up to the elements.
- Silicone pond sealant or butyl liner.
- Some water-loving plants. Try dwarf water lilies and water hyacinths for surface cover; flowering rushes or Boston irises for marginals (taller plants that grow up and out of the water at the pond's edge); and hornwort (pondweed) for oxygenation.
- Aquatic baskets and aquatic compost to contain the plants.
- Pebbles or gravel (to stop the compost floating away).

WHAT TO DO

1 If your chosen container isn't fully waterproof, fill any holes with silicone sealant or line with a sheet of butyl.

2 Fill the pond – to be really eco-friendly, leave it until it fills with rainwater. If you use tap water, you'll need to let it stand for a few days to allow the chlorine to evaporate.

3 Pot your marginal plants in the aquatic baskets and compost, then top the compost with pebbles. Gently lower them into place (you may need to sit the pots on stones or half bricks until the plants grow bigger). Drop in the oxygenators and float the surface plants on top. Don't worry if the water goes cloudy at first – it will soon clear.

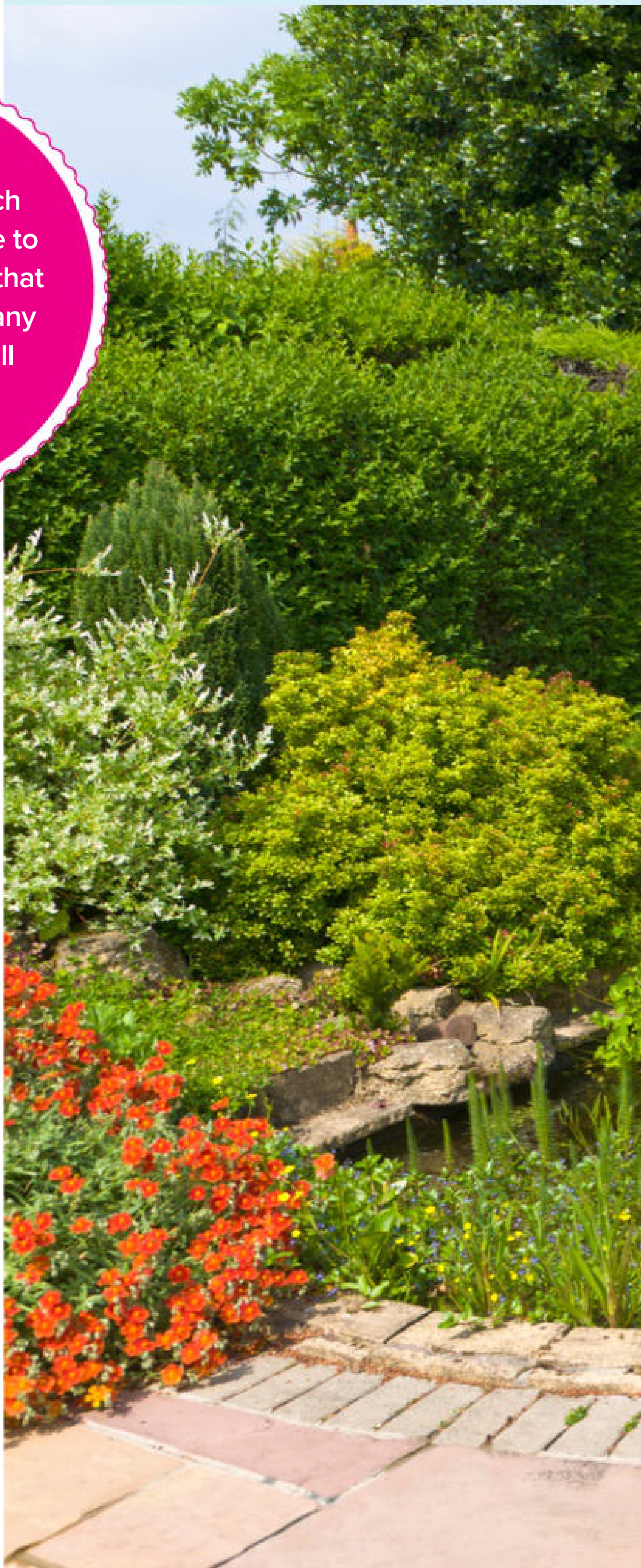
PLANNING A WATER FEATURE

A few things to consider before you get started.

POSITION The plants in your new pond will need at least some light to flourish, so wait for a sunny day before deciding where to break ground. Try to avoid having it too close to any trees, as the leaves will cause a nuisance once they start to drop.

SIZE Bigger is often better, especially as the more water there is in the pond, the less the temperature will fluctuate. It will also give more room for

Words Amanda Morgan **Shopping compiled by** Maddy Ando **Photography** Alamy, GAP Photos/Joanna Kossak, GAP Photos/Howard Rice, Getty



Never leave children or pets unattended around ponds or water features

fish to swim and other wildlife and plants to thrive. But if you don't have much space, a pond in a pot can be an attractive alternative (see below left).

● **BASE** Ponds are usually made from preformed shells that come in a multitude of shapes and sizes, or sheet liners that you drape into a hole you've dug out. With liners, you'll need to make sure you have enough to cover the base, sides and over the edges with a bit of slack, otherwise it could collapse once you put the water in.

● **POWER** If you're planning on adding a pump (for a fountain or simply to aerate the water for optimum pond health), you'll need easy access to an electricity supply, as well as an outdoor, weatherproof connector.

● **FEATURES** Fountains and waterfalls not only make aquatic music, but also help to oxygenate the water, so it's worth including one at the planning stage. Lighting, both in and around the area, can also be used to add drama and highlight focal points, such as the waterfall or the rockery around the pond edges.

SHOPPING

Water feature, £250, Cox & Cox

Kelmarsh boots, £100, Ariat

Spade, £43, Burgon & Ball at B&Q

Bird bath, £199.99, Gardenesque

Seed mix, £2.99, Suttons

SUTTONS
Native British wildflowers
Perfect by Ponds Mix
Easy to grow in a damp area of the garden

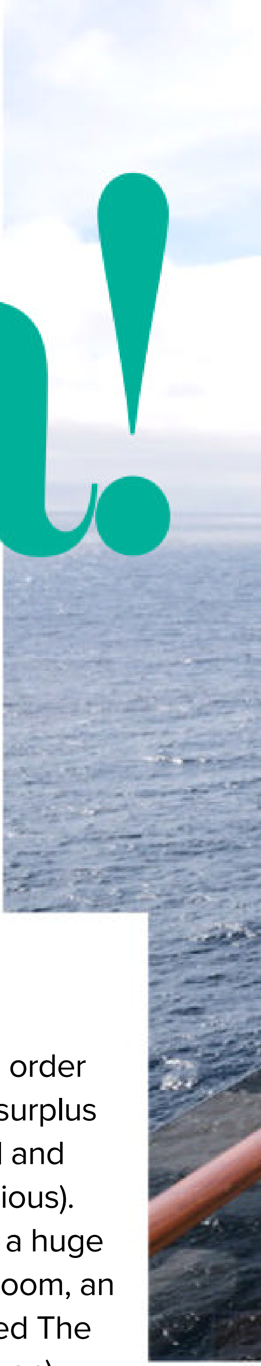
Gardening gloves, £17.99, Kent & Stowe at Dobbies

Leaf rake, £12.99, Kent & Stowe at Dobbies

Bird bath, £25.99, Esschert Design at Amazon

Pond plant baskets, from £1.50 each, Swell UK

All aboard Prima!



Travel expert Emma Justice set sail on one of the newest, coolest cruise ships – and just look what it's called...

Race a friend down 10 storeys on The Rush water slide. Below: a family suite sleeps four

A class of its own

When we heard about a new cruise ship called Prima, we couldn't wait to step on board! With room for 3,099 guests, the ship is the first of six Prima Class ships from Norwegian Cruise Line (NCL), all designed to bring you many 'firsts at sea'.

There's the dry slide, The Drop, (which is terrifying – the floor beneath you falls away and you fall with it, tumbling down a transparent tube on the outside of the ship feet-first); Prima Speedway, the world's first three-level go-kart racetrack at sea (zipping around the ship's funnel is another pinch-yourself moment) and the eco-friendly Metropolitan Bar, where you can order zero-waste cocktails made with surplus ingredients such as banana peel and pineapple rind (surprisingly delicious). There's also the Galaxy Pavilion, a huge VR games area with an escape room, an interactive darts experience called The Bull's Eye (sadly without Jim Bowen), mini golf and enough water slides to keep the kids entertained day and night.

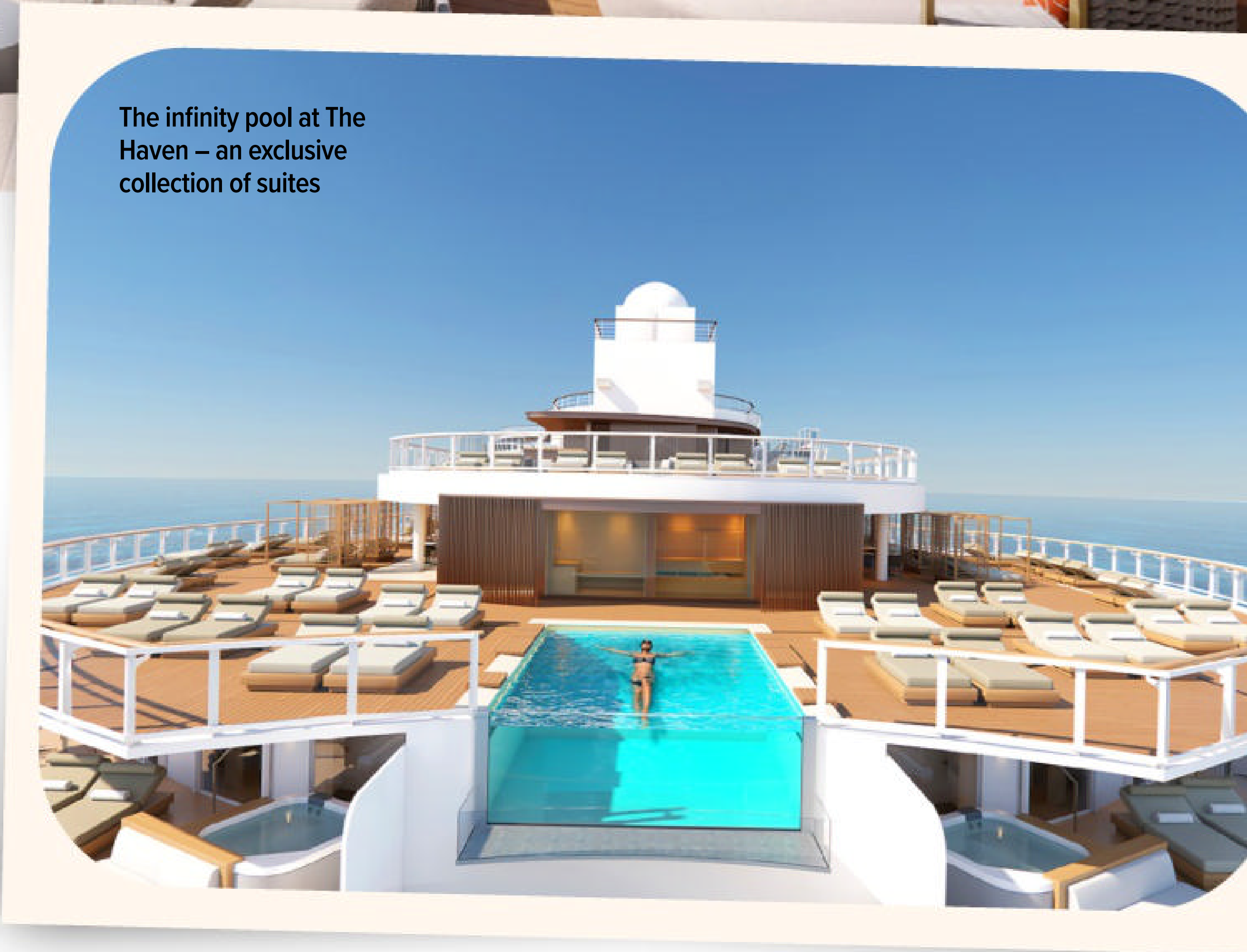
But first things first – what's the ship like to sail on? I joined Prima's inaugural voyage from Reykjavik to Amsterdam and had Katy Perry as a fellow passenger (not to mention Orlando Bloom!). As the ship's godmother, Katy

The 294-metre Norwegian Prima was launched last year

NORWEGIAN PRIMA

Prima has more deck space than any other ship

SAIL AWAY Norwegian Prima will sail in Europe from 14 May to 17 Sep and offers similar cruises from Iceland starting at £2,506pp based on two people sharing a balcony cabin for a 10-day cruise, including a Free At Sea upgrade (open bar, excursions, speciality dining and free wi-fi). Excludes flights. Visit ncl.com/uk.



The infinity pool at The Haven – an exclusive collection of suites

was there to christen it and enjoy a family holiday – she celebrated her daughter Daisy's second birthday in one of the ultra-luxurious suites in The Haven. And although we weren't staying in the same suites as Katy and Orlando, we were made to feel like VIPs by the friendly staff and found our balcony stateroom plenty big enough. The outdoor deck space also feels elegant and spacious – there's a beach club with loungers and plunge pools on each side of the ship, a glass ocean walkway and sculpture garden. For a big ship, it never felt too crowded.

My top tip is to explore as much of the ship as you can on the first day (it will help you not to get lost, too) and book all the incredible (free) entertainment. Don't miss *Summer: The Donna Summer Musical*, a Tony Award-nominated production straight from Broadway. I was amazed at how quickly the three-storey theatre is transformed into a nightclub (with private booths and a giant mirror ball) afterwards.

If you want a laugh, there's the intimate Improv At Sea comedy club plus a typical British pub and gig space called Syd Norman's Pour House. The food on board is delicious and there's no need to spend more on speciality dining when the complimentary dining is this good. We loved the touchscreen ordering system at the Indulge Food Hall, where you can order from 11 global 'food carts'.

To mix things up on a longer cruise, try one of the eight paid-for restaurants; we loved Food Republic's Asian sharing plates. But if you're going to splash out, I suggest a few hours in the thermal suite of the Mandara Spa (£85 for a day pass), which has eight different experiences including another 'first', a charcoal sauna at sea. And while I didn't get to sweat out my zero-waste cocktail next to Orlando Bloom, I did feel a lot more relaxed than I did after hurtling down The Drop! ➜

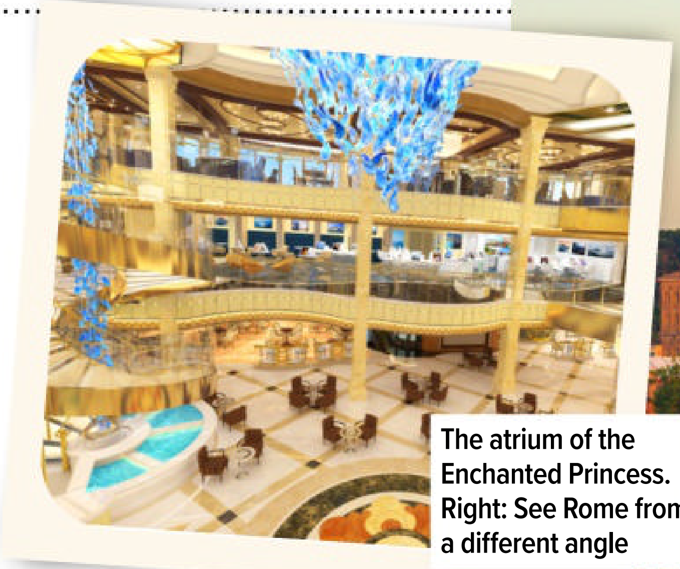
THE OTHER CRUISES SETTING SAIL

Prima's contributing travel editor, Jane Anderson, brings you the very best of the rest

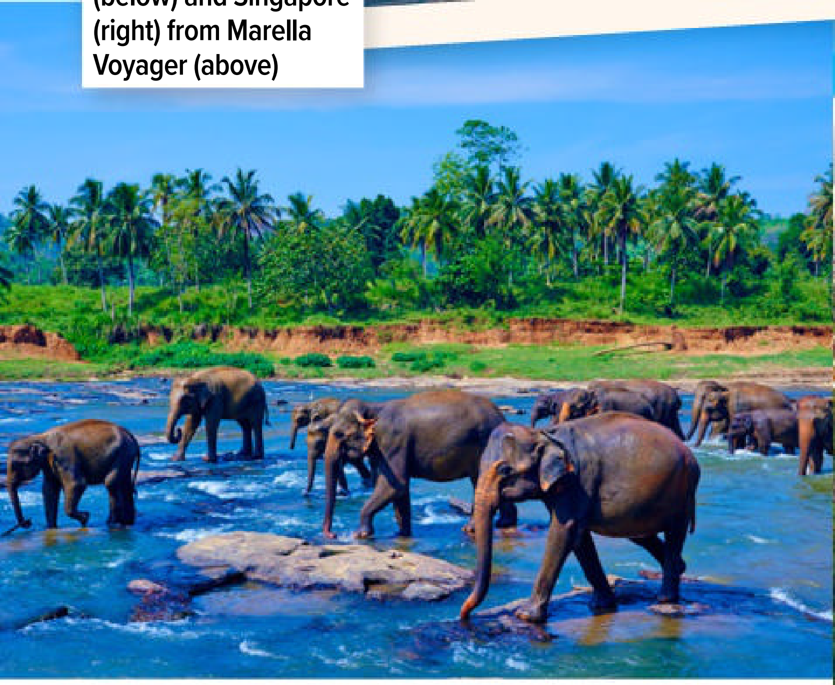
The love boat!

Princess Cruises invites guests to 'feel the love' with a nostalgic nod to 1970s TV series *The Love Boat*. This new look and feel offers some exciting features, including 360: An Extraordinary Experience, a dining event for just 20 guests at a time on board Discovery Princess and Enchanted Princess. This 90-minute celebration of the senses showcases Santorini, the Amalfi Coast, Barcelona and Provence through storytelling, imagery, scents and cuisine – no matter where you're actually sailing.

SAIL AWAY A seven-day Mediterranean cruise on Enchanted Princess from Barcelona to Gibraltar, Marseille, Genoa, Livorno and Rome costs from £949pp, departing 27 May. Excludes flights. Visit princess.com.



The atrium of the Enchanted Princess. Right: See Rome from a different angle



Discover Sri Lanka (below) and Singapore (right) from Marella Voyager (above)

All about adventure

This summer sees Marella Cruises' Voyager ship set sail from its home port in Mallorca. Marella Voyager will visit some of Europe's must-see ports from Barcelona to Naples, Sicily to the south of France, and guests will be able to explore destinations ashore with expert guides. Marella Cruises is also expanding its winter 2023 Asia itineraries with a new home port in Singapore and an overnight stay in the city, giving passengers more time to explore before they set sail to India, Sri Lanka, Indonesia and Malaysia, among others.

SAIL AWAY Marella Voyager offers a seven-night Highlights of the Mediterranean cruise from £1,459pp, departing 3 Jun. Includes return flights to Bournemouth. A 14-night Eastern Adventure 2 costs from £2,544pp, departing 8 Dec. Includes return flights to Manchester. Visit tui.co.uk/cruise.

Christmas cruising

Ambassador prides itself on being a traditional British cruise line offering a premium value experience. With the arrival of a second ship, Ambition, in May, itineraries will become more diverse. Ambition will sail from several home UK ports with both long-haul and local seacations arranged for the month after her launch. Or how about escaping the winter gloom and saving up for a Christmas and New Year cruise in the Caribbean?

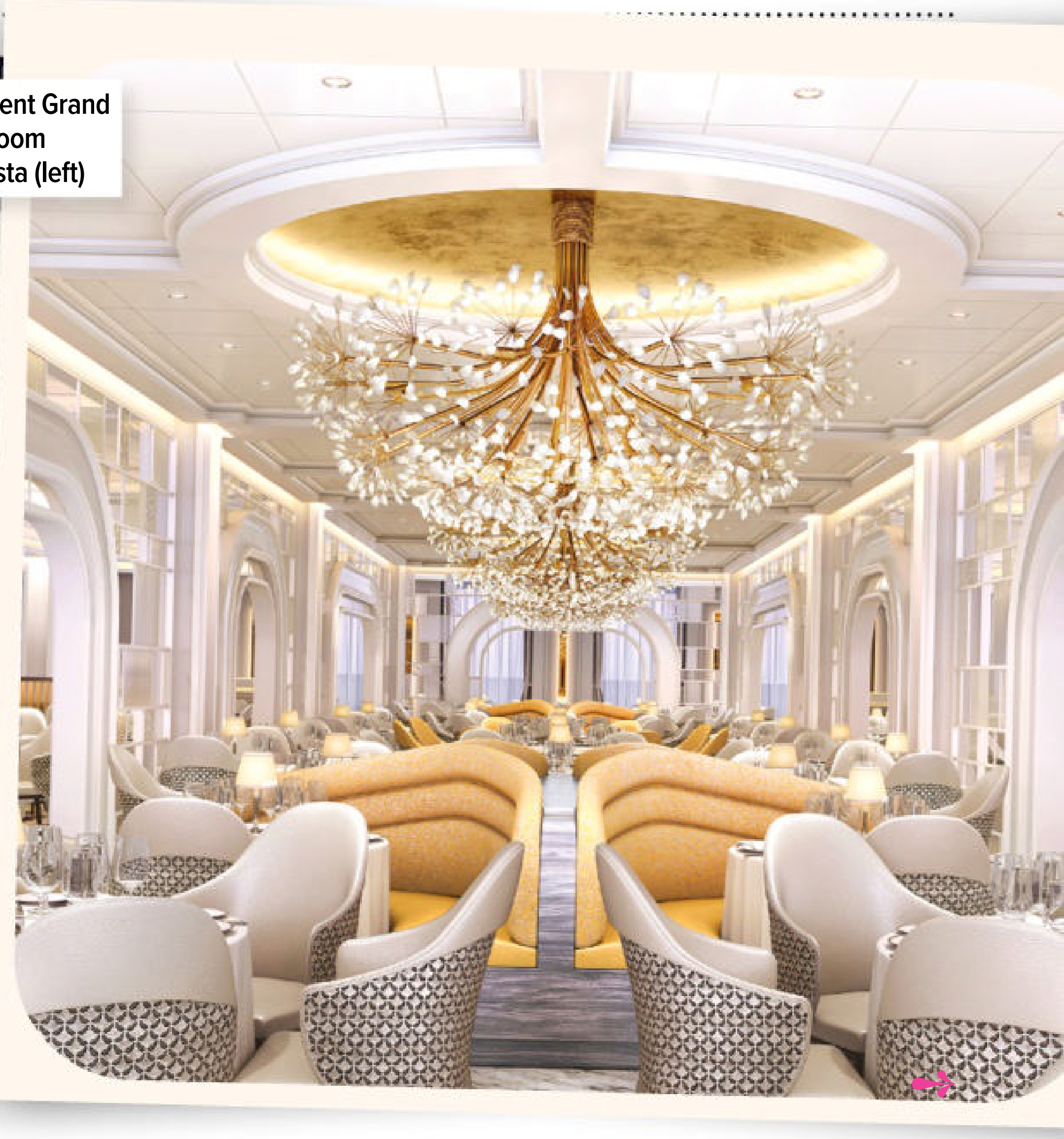
SAIL AWAY Ambassador's 38-night Christmas and New Year West Indies and Dutch Antilles cruise costs from £3,049pp, departing 12 Dec. Visit ambassadorcruiseline.com.

Cruise the Caribbean aboard Ambition and visit Antigua

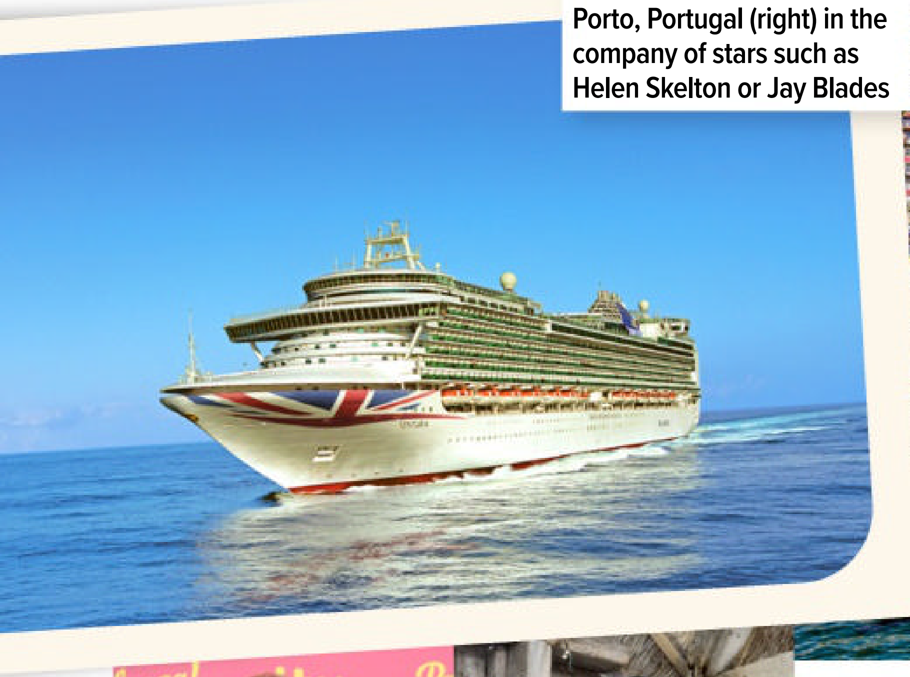
Up the style stakes

In May, Oceania Cruises launches Vista, its first new ship in a decade. She has Owner's Suites and a library exclusively styled by Ralph Lauren Home, 12 restaurants and some of the most spacious standard staterooms at sea, all of which have sea views. Enjoy afternoon tea in Horizons, attend talks by guest speakers or expand your skill set at the Artist Loft.

SAIL AWAY Oceania Vista's inaugural founder's cruise, sailing from Rome to Venice, costs from £2,689pp, departing 13 May. Includes flights. Visit oceaniacruises.com. ➔



The opulent Grand Dining Room of the Vista (left)



The Ventura (below) will visit Porto, Portugal (right) in the company of stars such as Helen Skelton or Jay Blades

Sail with the stars

P&O offers a TV Talent cruise this year, with *Countryfile*'s Helen Skelton, Jay Blades of *The Repair Shop* and actor and documentary maker Ross Kemp. This is the latest addition to its P&O Cruises Presents: Sail with the Stars holidays.

September sees the opportunity to take a Sporting Icons cruise with broadcasting trio Sue Barker, Matt Dawson and Phil Tufnell. Or guests can join a five-night Global Explorers cruise with TV's Ben Fogle, travel journalist Simon Calder and Monty Halls of BBC's *Great Escape* series.

SAIL AWAY P&O Cruises offers a seven-night TV Talent cruise on Ventura from £629pp, departing 20 May from Southampton, calling at Vigo, Lisbon, Porto and Guernsey. Visit pocruises.com.

Voyage of the Vikings on the Zuiderdam will give you the chance to see the Northern Lights in Iceland

A special celebration

Holland America Line celebrates its 150th anniversary on 18 April, making it one of the longest-operating travel companies in the world – with 11 mid-sized ships visiting nearly 400 ports in 114 countries. The cruise line is perhaps best known for its Alaskan voyages, which have been thrilling passengers for 75 years. Looking ahead to 2024, Holland America is adding new European itineraries with longer sailings of 14 days or more and including culturally immersive excursions at ports in northern Europe. Voyage of the Vikings on board the Zuiderdam retraces the historic routes sailed by Vikings. Starting in Boston and ending in Rotterdam, guests will take in the landscapes of Greenland, Iceland and Scotland and explore the Faroe Islands.

SAIL AWAY A 17-day Voyage of the Vikings cruise starts from £4,379pp, departing 20 Jul. Excludes flights. Visit hollandamerica.com.

Learn about the coral reefs of the Bahamas

Keen on conservation

MSC Cruises recently worked with marine biologists and divers to transform a former sand extraction site into a marine reserve, planting thousands of native trees, palms and shrubs. Ocean Cay MSC Marine Reserve is part of the Bimini islands in the western Bahamas, just 65 miles east of Miami. Highlights now include programmes about preserving coral reefs and you can also sample authentic Bahamian food trucks, an ice-cream bar, kayaks, paddleboards, snorkelling and diving, and a wonderful spa with massage huts on the beach. There's even a wedding pavilion for those wanting to make or renew their vows.

MSC Seascape launched in December 2022 with a blessing from the fleet's godmother, movie icon Sophia Loren. The ship features 2,270 cabins, 11 places to dine, six pools, including an aft infinity pool, and cutting-edge activities such as Robotron, a robot arm amusement ride available at sea for the first time.

MSC Cruises start from £539pp. Excludes flights. Visit msccruises.co.uk.

Enjoy a private cay in the Bahamas with MSC Cruises, where you can spot the local sealife

Photography Getty, Coleen Rivas/Unsplash, Horácia Rodrigues, BBC/Ricochet/Guy Levy. Prices correct at time of press. Check the FCDO advice, as it includes the latest information on safety, security, travel warnings and health

CONTEMPORARY **BATHROOMS** FOR MODERN LIVING

Cutting-edge designs from the *House Beautiful* Bathstore Collection at Homebase

DOUBLE BASIN UNIT in Gloss White

Cube porcelain wall & floor TILES in Fern

Bathtime has never looked so good, thanks to the new House Beautiful Bathstore Ele-ment(s) range of bathroom furniture and accessories at Homebase.

Bathstore, along with the style experts from *House Beautiful* magazine, has created the stunning Ele-ment(s) range, designed to make it easy for you to craft the bespoke bathroom of your dreams.

Offered in Gloss White or Gloss Grey, the cabinets marry Italian quality with German functionality, including push-to-open, soft-close drawers and doors. Optional handles are also available, as well as a wide range of bathroom taps. What's more, everything is delivered preassembled, ready to install without a hitch, straight from the pack.

For the ultimate in personalisation, the *House Beautiful* Collection also includes some super-stylish tiles: Aurelia, a rectangular tile in eight contemporary shades, is perfect for laying in a herringbone pattern, and Cube (shown left), which comes in four on-trend, diagonal-split shades, can be displayed in myriad ways to create a wealth of individual designs.

Visit **homebase.co.uk** to book
your virtual or in-store appointment

HouseBeautiful BATHROOM COLLECTION

bathstore
NOW LIVING AT
HOMEBASE

CAMP IT UP

Campsited (campsited.com) is an easy-to-use online platform that offers affordable camping and camper-van holidays in Europe. It's partnered with Direct Ferries to get you the best ferry crossing prices, and offers 'Weather Protection', refunding you 50% per day if it rains for more than two hours and the full amount for more than four hours. Research reveals Croatia is the best European country for van life, followed by the Netherlands, though France has the most caravan parks and campsites.

THE LATEST NEWS AND INSPIRATION

Plan it, book it, LOVE IT!

Great holiday ideas from our travel editor, Jane Anderson

BEST BUY

I'm in love with bumbags (or waistbags) this spring. So great for your travels.

New Fresh small **waistbag**, £38.90, Eastpak

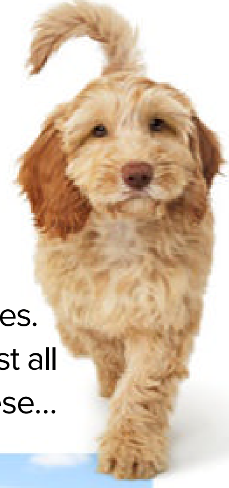
Bag your holiday style

Inspired by the shore's edge and deckchair stripes, Seasalt Cornwall's Valley Roam Dress, £65, 8-28, is perfect for your seaside holiday wardrobe (seasaltcornwall.com).

Meet makers in Marrakech

SECRETS OF THE SOUK

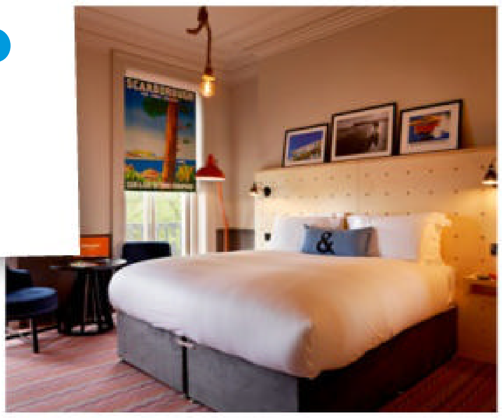
The El Fenn hotel in Marrakech has a new Meet the Artisans break, where you can spend time with local designers in their workshops and hip boutiques in Sidi Ghanem. This three-night stay costs from £693pp, with breakfast, afternoon tea, one dinner, a guided tour of the souk, half-day trip to Sidi Ghanem, hammam experience and return airport transfers. Available from 1 June to 30 September (el-fenn.com).



TOP DOG

PetsPyjamas (petspyjamas.com) has more than 18,000 dog-friendly hotels and cottages. Dogs stay free with almost all bookings, including these...

Colwall Park Hotel, Malvern Hills, from £139 a night.
Bow-wow factor: A wash area for mucky pups and doggie 'beers' in the bar.



Bike & Boot, Scarborough, from £132 a night.
Bow-wow factor: A dog-friendly in-house cinema and complimentary cakes at teatime after a bracing seaside walk.

The Bell in Ticehurst, East Sussex, from £165 a night.
Bow-wow factor: The lodges have enclosed patios and firepits, and dogs are allowed in the bar, as well as at some tables in the restaurant.

Photography Cécile Treal, Adrian Ray, Ebony Siovhan, Getty

prima HOLIDAYS

CRUISES | EXPERT-LED TRIPS | TOURS

Book a rail escape so you can sit back together and watch as the ever-changing scenery passes by, travelling through tunnels, over impressive viaducts and past shimmering blue lakes. What makes European train holidays so special is that getting there is part of the experience – read on for our two favourite no-fly itineraries, to France's glistening lakes and the jaw-dropping Swiss mountains. For more exciting rail options, visit primaholidays.co.uk and discover the summit of Snowdon by mountain railway, ride the little trains in the spectacular Dolomites and much more...

Jo

JO CHECKLEY
EDITOR

THE PRIMA HOLIDAYS GUARANTEE

✔ **Low deposits.** Many of our trips can now be booked with low deposits, starting from just £75pp.

✔ **Your money is safe.** Your trips are financially protected or bonded by one of these schemes: TTA, ABTA, AITO, ABTOT or Global Travel Group's consumer protection guarantee scheme.

✔ **Flight-inclusive trips are also ATOL-protected.** This Government-backed scheme safeguards your money and will assist you if a company goes out of business.

✔ **If there is any reason why your trip may be cancelled, our experts will be in touch.** If you have any concerns, please email primaholidays@hearst.co.uk and we will be on hand to help.

OUR TRAVEL PARTNER

Tripsmiths partners with the world's leading tour operators and select media brands to deliver exclusive travel experiences.

Taste wines along the beautiful DOURO VALLEY

Visit characterful towns, sample delicious port wines and take part in a traditional grape harvest festival on this enchanting cruise along the Douro

Glide along the glittering Douro on this delightful river cruise and explore a region of Portugal that is best known for its excellent wines.

You'll start your voyage in Portugal's second city of Porto; full of charm and atmosphere, the historic old town is made up of colourful little houses and narrow alleyways.

You will sail around the Alto Douro, the name of this wine-producing valley region, on stylish A-ROSA ALVA, with all meals and drinks included**. The first stop is Régua, a town that has produced port wine since the 18th century. Then, you'll continue on to the little town of Pinhão, which is surrounded by vineyards and quintas – local wine producers. You'll visit a quinta here and have the opportunity to experience the traditional grape harvest***, which includes picking and crushing the grapes underfoot in granite troughs.

The trip continues with a port wine tasting at Vega de Terron in Spain, and a visit to Barca d'Alva in the Parque Natural do Douro.

You'll then return along the Douro and finish with a final full day to enjoy the sights and charming atmosphere of Porto.

OUR TRAVEL PARTNER TS Tours Ltd specialises in creating bespoke holidays, cruises and rail journeys, often in the company of experts.

DISCOVER MORE FINANCIALLY PROTECTED HOLIDAYS at PRIMAHOLIDAYS.CO.UK

THE HOTTEST RIVER CRUISE DESTINATION FOR 2023

Reasons to book

SAIL IN STYLE

Experience the scenic Douro from A-ROSA ALVA, which has just 63 cabins. There's a casual dress code, heated pool and panoramic lounge with a bar.

HARVEST FESTIVAL***

Enjoy a truly unique experience as you take part in the grape harvest at Quinta da Avessada. You'll help pick the grapes and crush them underfoot in a traditional granite trough. There'll also be music, tasty regional treats and, of course, wine.

LOCAL WINE TASTING

Stroll among the vines and taste a selection of the region's famous port wines at the Quinta da Roêda estate, near Pinhão. Port-making has a long history, which you will also learn about during your visit.

Enjoy a pastel de nata (Portuguese egg custard tart) and local wine in Porto

A-ROSA ALVA's luxurious lounge

YOUR ITINERARY

DAY 1 Fly to Porto; transfer to ship **DAY 2** Cruise from Porto to Régua and Pinhão; experience the traditional grape harvest*** **DAY 3** Port tasting in Pinhão; Vega de Terron **DAY 4** Vega de Terron; Barca d'Alva **DAY 5** Barca d'Alva; Pocinho; Pinhão **DAY 6** Pinhão; Régua; Porto **DAY 7** Porto **DAY 8** Fly to UK

YOU WILL GET THE CHANCE TO...

- **Spend seven nights on board the A-ROSA ALVA in your preferred cabin (subject to availability and surcharges).**
- **Sail through unforgettable countryside.**
- **Enjoy all meals on board, as well as high-quality drinks throughout the day (some exclusions apply**).**
- **Experience a traditional grape harvest***.**
- **Have a tour, dinner and tasting at Quinta da Avessada, plus a cooking demonstration on board the ship.**
- **Make the most of the free facilities on board, such as the sauna and fitness centre, swimming pool and sundeck.**

ALSO INCLUDED

Return flights from the UK to Porto, transfers to and from the ship, an English-speaking cruise guide and free wi-fi on board.

HOW TO BOOK

PRICE: From £1,999pp*

DATES: 18 to 25 October 2023

TO BOOK, CALL 020 4579 6066, quoting PRIMA DOURO MAY23

VISIT prima.co.uk/douro for more details and to see the full itinerary

*Price based on two sharing a lead-in category cabin. Single supplement applies. Deposit: 25%. Price includes all discounts and is subject to availability and change. **Exceptions are specialities subject to surcharges and Champagne. ***The grape harvest activity is subject to harvest timings and an alternative activity will be provided if the harvest is not possible. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. This holiday may be sold through other selected brands. Images used may not reflect your actual tour experience. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded)

DISCOVER MORE FINANCIALLY PROTECTED HOLIDAYS at PRIMAHOLIDAYS.CO.UK

prima HOLIDAYS

EXCLUSIVE TOUR

TRAVEL BY RAIL FOR A GREENER HOLIDAY

Ride the MONT-BLANC *Express and visit beautiful* LAKE ANNECY

Travel through France and Switzerland and enjoy clear blue lakes and picture-perfect villages

With snowy peaks, icy glaciers and beautiful lakes, the Alps are perfect for those who appreciate the beauty of nature, and on this trip you'll have time to soak up the scenery. Your base for the week will be La Clusaz, with its traditional chalet-style buildings surrounded by mountains.

You'll have the opportunity to witness stunning views as you spend a day on the Mont-Blanc Express. You'll see magical vistas as you travel on one of the world's most famous mountain rail lines.

There'll be time to explore quaint towns and the shores of Lake Annecy. You'll spend a day in Aix-les-Bains, one of Europe's most fashionable destinations, and enjoy a trip to Geneva.

Reasons to book

THE MONT-BLANC EXPRESS

Embark on a scenic rail trip with spectacular views as we travel to Chamonix, which sits in the shadow of Mont Blanc.

THE 'VENICE OF THE ALPS'

Enjoy Annecy's stunning lake, crystal-clear canals, traffic-free streets, elegant bridges and colourful houses.

EXPLORE HISTORIC CITIES

Visit Geneva and take in St Pierre Cathedral, its lake or the city's museums.

Visit serene Lake Annecy

Discover Geneva's rich history

TS TOURS

OUR TRAVEL PARTNER TS Tours Ltd specialises in bespoke and expert-led tours and acts as an agent for Arena Travel (a trading name used by Leger Holidays Ltd).

YOUR ITINERARY

DAY 1 Travel by Eurostar from London to Paris, then continue by rail to Annecy **DAY 2** Stroll around your base, La Clusaz, before exploring Geneva **DAY 3** Visit delightful Lake Annecy **DAY 4** Ride the Mont-Blanc Express **DAY 5** Enjoy fashionable Aix-les-Bains **DAY 6** Travel back to Paris; Eurostar back to London

YOU WILL GET THE CHANCE TO...

- Take a return journey on the Eurostar from London to Paris, with connecting rail journeys.
- Enjoy five nights of accommodation on a half-board basis in the mountain resort of La Clusaz at the four-star Hôtel Beauregard.
- Ride the Mont-Blanc Express from Saint-Gervais-les-Bains to Chamonix.
- Take a trip to Geneva and enjoy the dramatic views of Mont Blanc.
- Explore the city of Annecy, the 'Venice of the Alps'.
- Enjoy views of the largest glacier in France, the Mer de Glace.
- Visit Lac du Bourget and the thermal spa town of Aix-les-Bains.

ALSO INCLUDED

Coach transfers throughout and the services of a tour manager.

HOW TO BOOK

PRICE: From £1,275pp*

DATES: 21 to 26 May and 15 to 20 October 2023 (2024 dates also available)

TO BOOK, CALL 02045 792 883, quoting PRIMA ANNECY MAY23

VISIT prima.co.uk/montblanc for more details and to see the full itinerary

*From price is per person, based on two people sharing a room, subject to availability, and based on 21 May 2023 departure date. Price and itinerary correct at time of print but may be subject to change. Single supplement: £250. Deposit: £175pp. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips, and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. TS Tours Ltd acts as agent for Leger Holidays Limited and Leger Air Holidays Limited (ABTA V3582 & ATOL 3880). Booking conditions of both companies apply.

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prima HOLIDAYS

EXCLUSIVE TOUR

BOOK NOW FOR EPIC VIEWS YOU'LL NEVER FORGET

See the spectacular SWISS ALPS *on the Glacier Express*

Take a rail journey past soaring peaks, ravines and pretty villages, plus enjoy Bern, Lucerne and Interlaken

The Alps may not be the tallest peaks in the world, but they are among the most beautiful. This is especially true in autumn and winter, when a fresh coat of snow has fallen and the towns in the Alpine valleys look their most romantic.

On this five-day tour of the Swiss Alps, you'll stay in a charming hotel in Interlaken, visit Lucerne and Bern, cruise across picturesque Lake Thun and ascend Mount Rigi on a traditional cogwheel railway. You'll also spend a day on the Glacier Express, enjoying a three-course lunch as you climb the mountains and travel towards the mighty Oberalp Pass.

Reasons to book

RIDE THE GLACIER EXPRESS

After a short train ride to Chur in eastern Switzerland, you'll join the Glacier Express for one of the most memorable days of your tour. Known as the 'slowest express train in the world', it has been in operation since 1930, although it now has modern carriages with panoramic windows and stunning views.

YOUR CHARMING HOTEL

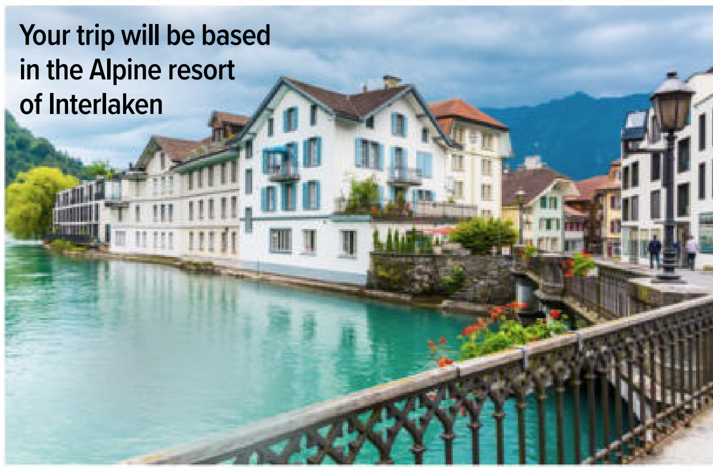
Interlaken is a classic Alpine resort town with timber-clad buildings – one of which, the Carlton-Europe Vintage hotel, will be your base. Enjoy comfortable rooms, a vintage-style interior and a restaurant serving traditional Swiss dishes.

LAKE THUN CRUISE

Day four will include a Lake Thun cruise, surrounded by mountain villages, historic churches and 12th-century Thun Castle.

EXPLORE BERN

The morning of your final full day will be spent exploring the Swiss capital, Bern, where the carefully preserved Old Town is now a UNESCO World Heritage Site.



Your trip will be based in the Alpine resort of Interlaken

Marvel at the splendid Clock Tower in Bern

YOUR ITINERARY

DAY 1 London to Interlaken **DAY 2** Lucerne to Mount Rigi **DAY 3** Glacier Express **DAY 4** Bern and Lake Thun cruise **DAY 5** Interlaken to London

YOU WILL GET THE CHANCE TO...

- **Travel via Eurostar, then by high-speed train from London to Interlaken (return).**
- **Spend four nights at the Carlton-Europe in Interlaken, with breakfast included.**
- **Take a trip on the Glacier Express from Chur to Brig.**
- **Enjoy a three-course lunch on board the Glacier Express.**

HOW TO BOOK

PRICE: From £1,695pp*

DATES:
6 to 10 and 13 to 17 October 2023

TO BOOK, CALL
01858 582 647, quoting
PRIMA GLACIER MAY23

VISIT prima.co.uk/glacier
for more details and to see the full itinerary

*From price is per person, based on two people sharing a room, subject to availability, based on 6 October 2023 departure date. Price and itinerary correct at time of print but may be subject to change. Single supplement from £280. Deposit £175pp. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips, and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of Leger Holidays Limited trading as Arena Travel (ABTA V3582 & ATOL 3880).

OUR TRAVEL PARTNER Arena Travel (a trading name used by Leger Holidays Ltd) is one of the UK's leading special-interest holiday companies.

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prima HOLIDAYS

HOTEL BREAKS

TAKE YOUR FOUR-LEGGED FRIEND FOR FREE!

Escape to the countryside at the MOSBOROUGH HALL HOTEL

Everything you need for a relaxing off-peak break in the beautiful South Yorkshire countryside

With its cosy rooms, intimate restaurant, original 12th-century features and newly extended bar, Mosborough Hall is a delight. Dine in the hotel's excellent Darcy's Restaurant, where the talented chefs use seasonal ingredients to create modern British dishes.

Take a stroll through the lush gardens, or spend time exploring the local area. The gorgeous Peak District and magnificent country houses, including Chatsworth, are just a short drive away.

Dogs stay for free, parking is included and a midday checkout on your final day means you can make the most of your relaxing getaway.

Enjoy a three-course dinner in Darcy's Restaurant

YOU WILL GET THE CHANCE TO…

- Enjoy a two-night off-peak (Sunday to Thursday) stay at Mosborough Hall Hotel with a continental or full English breakfast on both mornings.
- Dine on a three-course dinner with wine pairings in Darcy's Restaurant on your first night.
- Have your dog stay for free.

ALSO INCLUDED

Late checkout at noon, free wi-fi and parking.

PRICE: £124.50pp for two nights*

DATES: Stays until 31 Oct 2023

TO BOOK, CALL
01144 931 765, quoting
PRIMA MOSBOROUGH MAY23

VISIT prima.co.uk/mosborough
for more details and to see the full itinerary

*Price is per person, based on two sharing a standard double or twin room for two nights, Sunday to Thursday only. Room upgrades are available for a fee. Book by 31 April 2023 for stays until 31 October 2023. Minimum stay two nights. This break is subject to availability. Not valid in conjunction with any other offer. Blackout periods may apply. Dietary requirements should be stated at the time of booking. Card guarantee and 72-hour cancellation policy apply. Subject to the booking conditions of Vine Hotels.

Enjoy a cosy stay at THE CHARLECOTE PHEASANT

Relax and get away in historic Stratford-upon-Avon, at a characterful farmhouse in the heart of Shakespeare country

Curl up and relax at this charming former farmhouse in a sleepy hamlet a few miles from Stratford-upon-Avon. Four-legged friends will feel particularly at home here – the hotel's grounds are perfect for morning walks and there are dog-friendly rooms, pet essentials and even a dog menu available!

There's plenty to explore right on your doorstep, too. Stroll to the local Charlecote Mill to buy your own flour, enjoy a classic afternoon tea, or visit the National Trust's beautiful Charlecote Park with binoculars in hand to spot the roaming deer. Plus all the attractions of Stratford-upon-Avon, Shakespeare's birthplace, are a short drive away.

The cosy Charlecote bar

YOU WILL GET THE CHANCE TO…

- Spend two nights at The Charlecote Pheasant.
- Benefit from a complimentary room upgrade**.
- Enjoy breakfast on both mornings.
- Have a welcome drink on arrival.
- Dine on a three-course evening meal on your first night.
- Bring your four-legged friend – dogs stay for free.
- Enjoy a late checkout.

PRICE: From £115pp for two nights*

DATES: Stays until 31 October 2023

TO BOOK, CALL
01798 500 106, quoting
PRIMA CHARLECOTE MAY23

VISIT prima.co.uk/charlecotepheasant
for more details and to see the full itinerary

*Price is per person, based on two sharing a standard double or twin room for two nights midweek until October 2023. Saturday stays at a supplement of £20. Minimum stay two nights. This break is subject to availability. Single supplement applies. Not valid in conjunction with any other offer. Blackout dates apply. **Subject to availability. Dietary requirements should be stated at the time of booking. Card guarantee and 72-hour cancellation policy apply. Subject to the booking conditions of Vine Hotels.

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prima HOLIDAYS

READER OFFER

Unwind on the sunny coast of Italy's spectacular SORRENTO PENINSULA

See historic sites, enchanting towns and breathtaking scenery in this idyllic corner of southern Italy

Suspended between the blue sky and turquoise water, the Amalfi Coast is an enchanting destination, with colour-washed houses, bustling ports and blooming bougainvillea adorning the cliffs.

On this five- or seven-night escape, you'll stay in Sant'Agata, at the tip of Italy's Sorrento Peninsula. From here, you can enjoy the Amalfi Coast and soak up the views across the Bay of Naples and the Bay of Salerno.

A full-day Amalfi Coast tour is included, with a first stop in Positano and its lemon, orange and olive groves. You'll then travel to Amalfi before a final stop in the pretty town of Ravello.

RELAX WITH A FIVE- OR SEVEN-NIGHT BREAK

Reasons to book

A HOTEL WITH SEA VIEWS

You'll stay at the Grand Hotel Due Golfi, with its stylish infinity pool and views over the Bay of Naples.

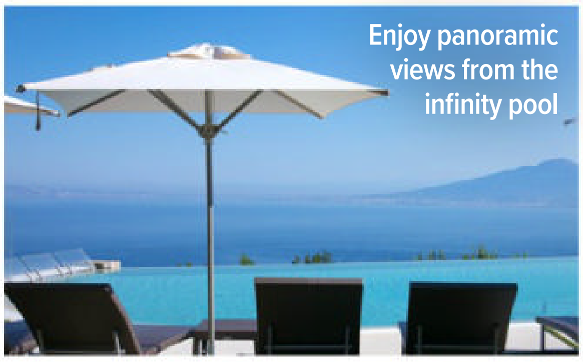
FULL-DAY AMALFI COAST TOUR

You'll stop in Ravello, where you can explore the terraced gardens of Villa Rufolo, and pass through picturesque towns such as Praiano, Furore and Conca dei Marini.

SPECTACULAR SORRENTO

The famous town of Sorrento is close to your hotel. Wander the piazzas and try some ice-cold local limoncello.

Stay at the four-star Grand Hotel Due Golfi



Enjoy panoramic views from the infinity pool

TS TOURS

OUR TRAVEL PARTNER TS Tours Ltd is the UK's leading specialist in creating bespoke tours, cruises and rail journeys in the company of experts.

Taste some of the best lemons in the world on your full-day tour

YOUR ITINERARY

FIVE NIGHTS

DAY 1 Check in **DAY 2** Amalfi Coast tour** **DAY 3** At leisure **DAY 4** At leisure **DAY 5** At leisure **DAY 6** Departure

SEVEN NIGHTS

DAY 1 Check in **DAY 2** Amalfi Coast tour** **DAY 3** At leisure **DAY 4** At leisure **DAY 5** At leisure **DAY 6** At leisure **DAY 7** At leisure **DAY 8** Departure

YOU WILL GET THE CHANCE TO...

- Spend five or seven nights at the Grand Hotel Due Golfi in a room with a balcony.
- Enjoy breakfast each day.
- Go on a full-day Amalfi Coast tour.

ALSO INCLUDED

Direct easyJet or Wizz Air flights from London Gatwick to Naples with 15kg hold baggage per person and private return transfers.

HOW TO BOOK

PRICE: From £779pp (five nights)*
From £879pp (seven nights)*

DATES: 21 to 26 March, 13 to 18 May, 30 Sept to 5 Oct 2023 (five nights), 21 to 28 March, 12 to 19 May, 30 Sept to 7 Oct 2023 (seven nights)

Other dates are available by request

TO BOOK, CALL 02045 716 962, quoting PRIMAAMALFIMAY23

VISIT prima.co.uk/amalfi

for more details and to see the full itinerary

*From price is per person, based on two sharing on a 21 March 2023 departure, subject to availability. Price and itinerary correct at time of print but may be subject to change. Deposit: 30%. **Tour could take place on Day 2, 3 or 4. Local charges such as tourist tax may apply. Travel insurance is not included but required for most of our overseas trips and should be taken out at time of booking. Images used may not reflect your actual tour experience. This holiday may be sold through other selected brands. Tour is operated by and subject to the booking conditions of TS Travel Ltd (ATOL-bonded) and THG Travel Limited (ATOL 9528 and ABTA Y6433)

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Your time off & time out

The hot LIST

5 TREATS YOU CAN'T MISS!

DANCE

GIOVANNI PERNICE: MADE IN ITALY

Strictly pro Giovanni Pernice is touring the UK with his show that pays tribute to his Sicilian roots, featuring sets, music and costumes that send audiences straight to Italy. Having won *Strictly* with Rose Ayling-Ellis, Giovanni certainly knows how to please a crowd. **Until 7 May; giovannipernice.com**

STREAM

THE LAST THING HE TOLD ME

Jennifer Garner leads this mystery-thriller series, based on the book by Laura Dave. Hannah (Garner) has a difficult relationship with her teenage stepdaughter, but when her husband goes missing, they form a bond. **Apple TV+**

FILM

THE UNLIKELY PILGRIMAGE OF HAROLD FRY

The heartwarming novel about an ordinary man in his 60s embarking on a 450-mile walk to reach his dying friend has been adapted to the big screen, with Jim Broadbent turning in a stellar performance as Harold. Penelope Wilton co-stars as his wife. **In cinemas from 28 April**

TV

THE CORONATION CONCERT

The King's Coronation will be celebrated with a world-class concert on 7 May, complete with superstar performers, a Coronation Choir and a drone and light show – all broadcast live by the BBC on TV and radio. **BBC One**

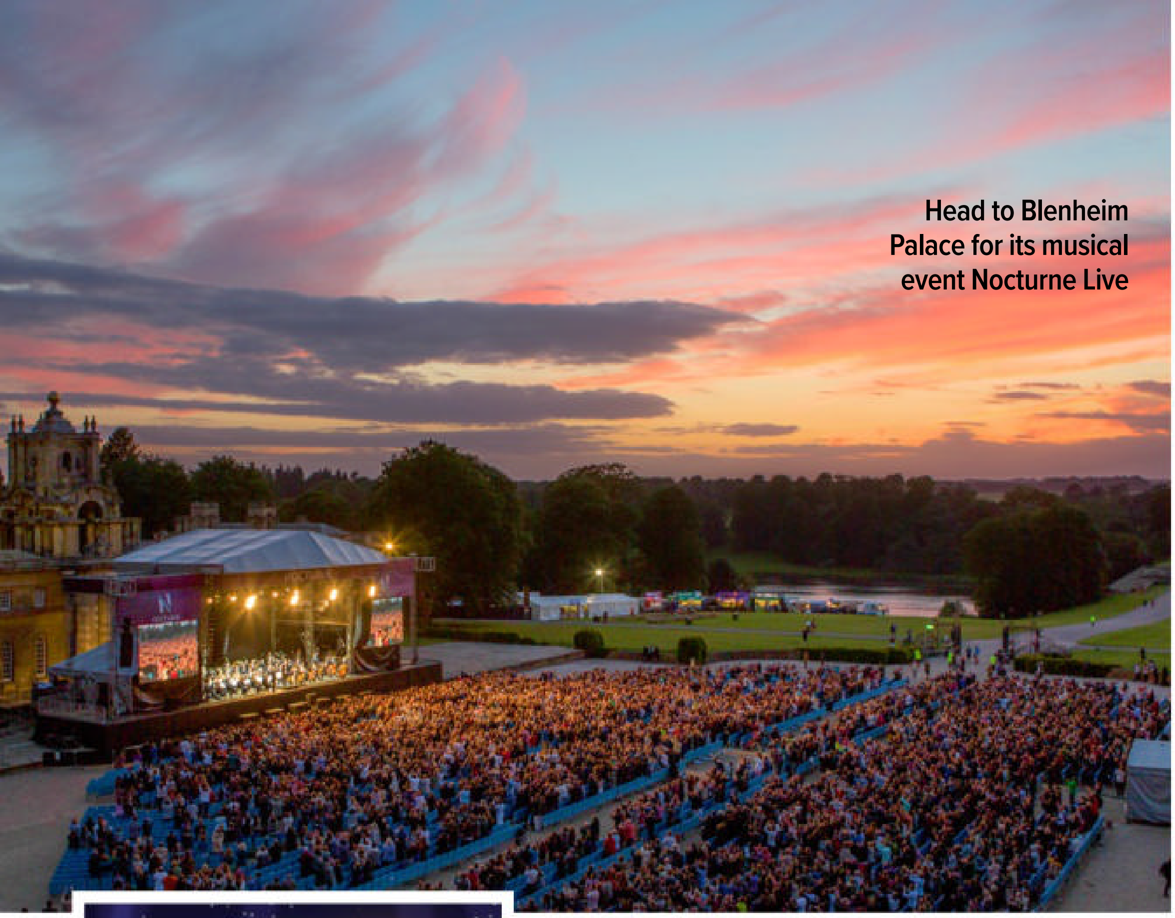
ALBUM

JESSIE WARE: THAT! FEELS GOOD!

When she's not fronting her popular podcast, *Table Manners*, Jessie Ware is busy making toe-tapping music that transports you straight to the dance floor. Set to serve up a string of hits, her new album proves again why she's queen of the disco. **Out 28 April**

Words Charlotte Oliver **Photography** Getty, Dana Hawley/Lionsgate, Saeed Adyani/Apple TV+

HAVE YOU HEARD? EastEnders legend Anita Dobson is joining new



Head to Blenheim Palace for its musical event Nocturne Live

42ND STREET
CHELTENHAM Jazz Festival

Enjoy *42nd Street* on tour and jazz at Cheltenham

Prima planner

The must-have tickets to nab...

CHELTENHAM JAZZ FESTIVAL *26 April to 1 May; cheltenhamfestivals.com/jazz*
The six-day jazz spectacular returns with performances from the likes of Laura Mvula, Van Morrison and Damian Lewis.

42ND STREET *17 May to 28 October; 42ndstreettour.com*
The iconic musical is touring the UK, telling the timeless story of a young girl from small-town America tap-dancing her way to fame and fortune in New York City.

NOCTURNE LIVE *14 to 18 June; nocturnelive.com*
Lionel Richie, Emeli Sandé and Gregory Porter are among the world-class acts taking to the stage this year for Blenheim Palace's five-day music extravaganza.

ASPECTS OF LOVE *12 May to 11 November; nimaxtheatres.com*
Andrew Lloyd Webber's musical about love and loss in post-war Europe returns to the West End, starring Michael Ball.

THE PILLOWMAN *10 June to 2 September; pillowmanplay.com*
Lily Allen stars in Martin McDonagh's acclaimed black comedy about a writer questioned by authorities after a series of murders echo her stories.

See Laura Mvula live on stage

Staying in with... JESSICA RANSOM

We ask the Doc Martin star, who plays Morwenna, how she enjoys a night in...

Jessica, 41, lives in London with her husband, Ben Wilson, and their two sons, Frank, six, and Arthur, four.

My ideal night in begins with... A pre-party bath. I can spend such a long time daydreaming in there. Sometimes I even learn my lines in the bath.

I'll invite along... My best pals. I have an excellent gang of mates from university, plus a few add-ons who are basically like family after all these years.

I'll be eating... Crab linguine. I really perfected it while I was filming *Doc Martin* in Cornwall over the years, because I could go and buy delicious fresh crab in Port Isaac.

And drinking... I'm a big fan of a classic margarita.

My best-ever dinner party was... I think the sign of a good dinner party is when people eventually look at the clock and realise hours have gone by without anyone noticing. We've had a few of those.

My worst dinner party disaster was... A gang of us rented a cottage in Devon and my friend scalded herself badly getting chocolate puddings out of the oven. It was a very surreal evening after that; everyone suddenly decides they're an expert first aider after a couple of drinks!

The book on my bedside table is... *Perfect Wives In Ideal Homes* by Virginia Nicholson, which is full of accounts of women living in Britain in the 1950s. It's been invaluable research for my new play, *Home, I'm Darling*.

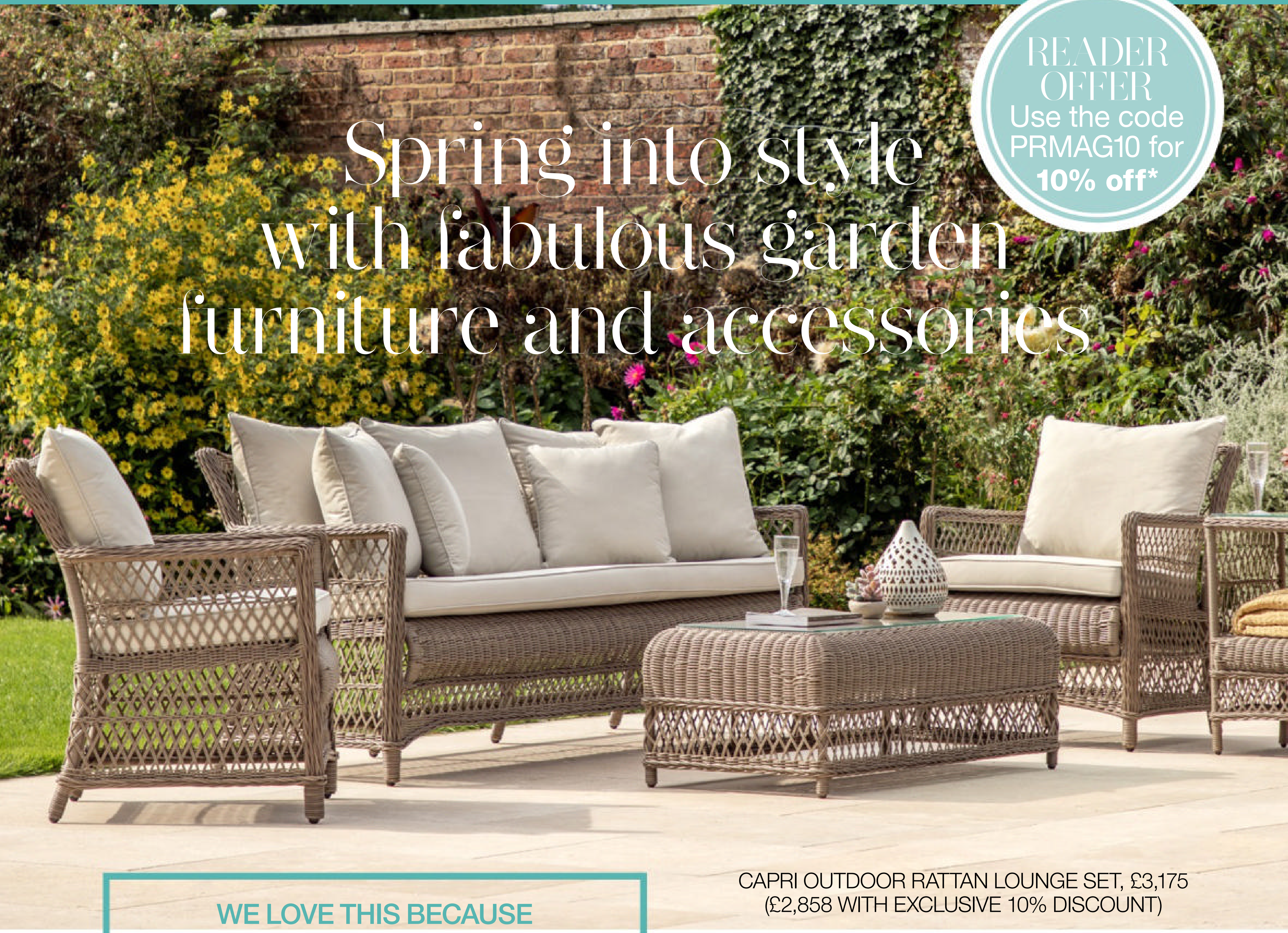
The night will end at... I don't mind at what time, but I'm definitely guilty of sloping off to bed and leaving my husband to tidy up!

My best hangover cure is... As much sleep as possible and a very cold can of Coke, which you can press on your eyelids and forehead between sips. It really helps.

- *Jessica is currently starring in the UK tour of Home, I'm Darling. Visit kenwright.com*

doctor Ncuti Gatwa in the next series of BBC One's Doctor Who.

Spring into style with fabulous garden furniture and accessories



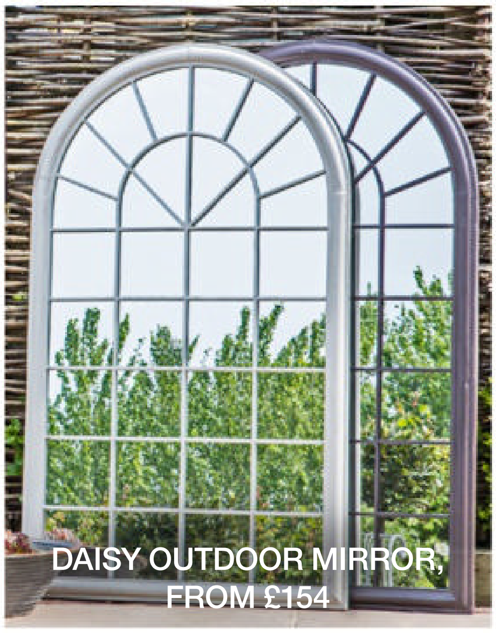
READER OFFER
Use the code PRMAG10 for **10% off***

CAPRI OUTDOOR RATTAN LOUNGE SET, £3,175
(£2,858 WITH EXCLUSIVE 10% DISCOUNT)

WE LOVE THIS BECAUSE

- It's crafted from durable PE rattan with a closed and open weave for a timeless look
- It includes a three-seater sofa with four scatter cushions, two armchairs, a coffee table and a side table with a shelf
- The stylish cushions are showerproof
- A matching dining set and chaise set are also available

IONI EUCALYPTUS MANGO WOOD SERVEWARE, FROM £12



DAISY OUTDOOR MIRROR, FROM £154

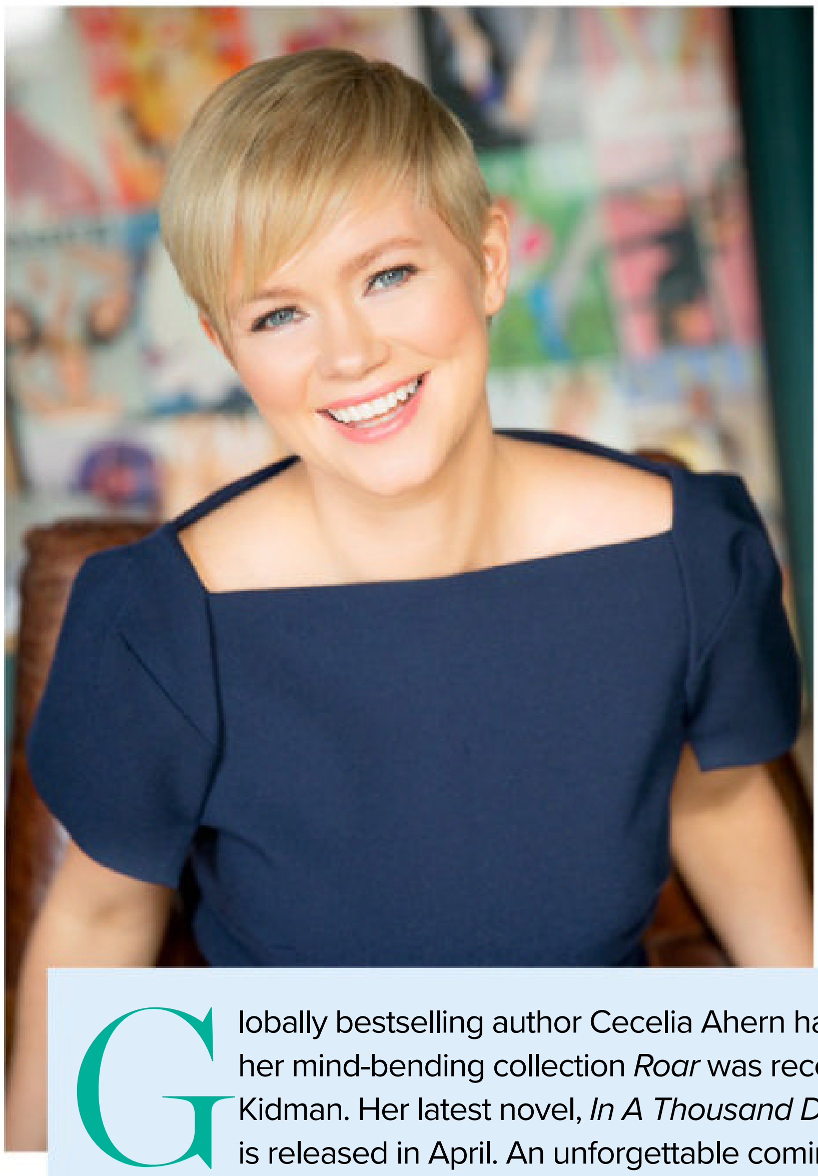
HouseBeautiful MARKETPLACE

It's time to think about moving the party outside, so get your garden ready with the perfect outdoor lounge set, some pretty serveware and a stylish outdoor mirror. And remember – you get free shipping on orders over £30!

SCAN HERE
TO SHOP THESE PRODUCTS AND MORE

CREATE YOUR DREAM SPACE AT
housebeautiful.co.uk

*OFFER VALID ON FULL-PRICED ITEMS ONLY



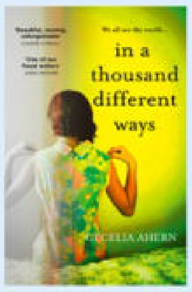
My life in books

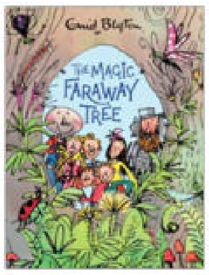
'I love to see the world through other people's eyes'

Bestselling author Cecelia Ahern shares the books that have impacted her life

Globally bestselling author Cecelia Ahern has 20 books to her name, and her mind-bending collection *Roar* was recently adapted for TV by Nicole Kidman. Her latest novel, *In A Thousand Different Ways*, is released in April. An unforgettable coming-of-age story, it explores what it is to belong and how we treat those who don't.

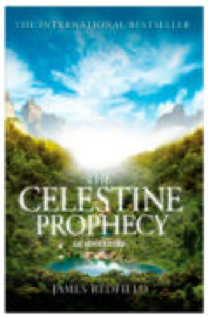
'What I love about reading is the escape it brings,' she says. 'I love to see the world through other people's eyes – books give us that chance.' Here, Cecelia, who lives near Dublin with her husband, David, and their three children, shares some of her favourite reads...


in a thousand different ways
CECELIA AHERN


Enid Blyton
The Magic Faraway Tree

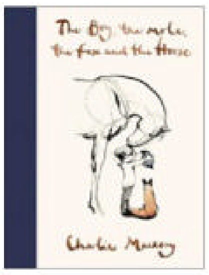
The book that shaped my childhood...

***The Magic Faraway Tree* by Enid Blyton.** At an early age, I loved the escapism that this magical tree in an enchanted forest brought – it was so vivid. The idea of life constantly changing and surprising you, the world looking different than it was before, was a great lesson at an early age.


Celestine Prophecy
James Redfield

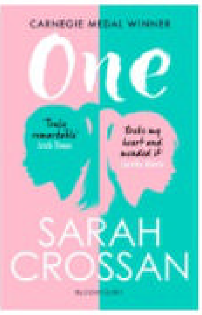
The book that taught me a life lesson...

***The Celestine Prophecy* by James Redfield.** I read this when I was 21 and was going through a transitional moment in my life. It affirmed thoughts and feelings I quietly had and informed my belief system about synchronicity, the power of coincidence and all the fascinating invisible things about being human.


The Boy, the Mole, the Fox and the Horse
Charlie Mackesy

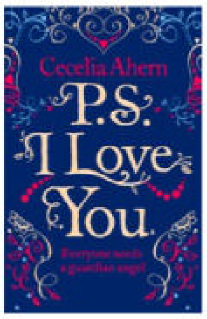
The book I recommend to everyone...

***The Boy, The Mole, The Fox And The Horse* by Charlie Mackesy.** I don't just recommend it, I buy it for people having a wobbly moment. It's a giant hug.


Carnegie Medal Winner
One
Sarah Crossan

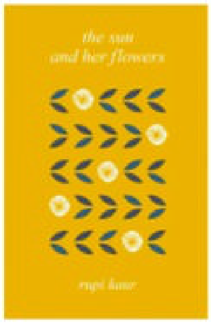
The last book that made me cry...

***One* by Sarah Crossan.** Sarah writes in verse and has a hypnotic rhythm. Her work is so beautiful and heartbreaking at the same time.


Cecelia Ahern
P.S. I Love You

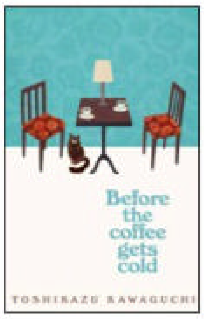
The book that inspired me to write...

***PS I Love You*.** It's my own, but until the idea came to me, I had no intention of writing a novel. The idea took over my mind until it was written. All that's come since is because of *PS*.


the sun and her flowers
rupi kaur

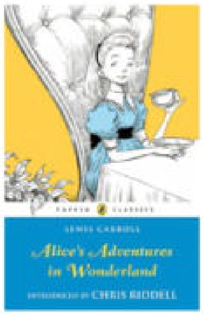
The book I always return to...

***The Sun And Her Flowers* by Rupi Kaur.** I don't reread fiction, but I like returning to poetry as it's comforting. Novels mostly make me look out; poetry makes me look in. It feeds my soul in a different way, and with each read I can interpret the lines in different ways.


Before the coffee gets cold
Toshikazu Kawaguchi

The book I'm currently loving...

***Before The Coffee Gets Cold* by Toshikazu Kawaguchi.** A cafe in Tokyo allows customers to go back in time, but they must finish their coffee before it gets cold or they can't return. I love Japanese fiction – it reminds me of Irish folk tales and myths.


Lewis Carroll
Alice's Adventures in Wonderland
Chris Riddell

The book character I relate to most...

Alice in Wonderland. Life is going smoothly until you fall down a rabbit hole. I often feel that life is nonsensical. Sometimes I'm Alice, sometimes I'm The Mad Hatter, but that story, being so absurd, feels very clear and relatable to me.

- *In A Thousand Different Ways (HarperCollins) by Cecelia Ahern is out 13 April. Turn the page for our review*

Words Ella Dove

Get into the GOOD BOOKS

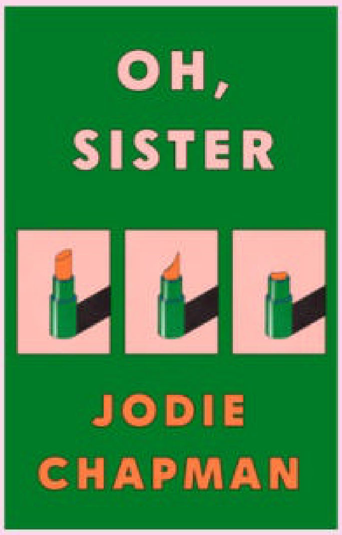
Prima's books editor **Nina Pottell** highlights this month's best new books

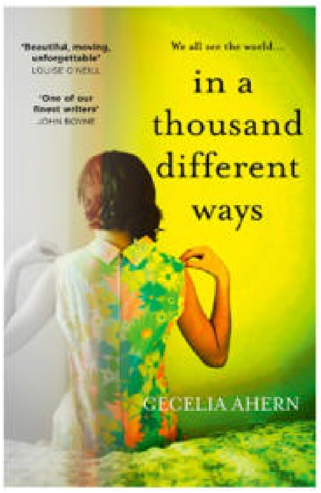
NORA EPHRON

Follow Nina on Twitter @matineegirl for news and giveaways

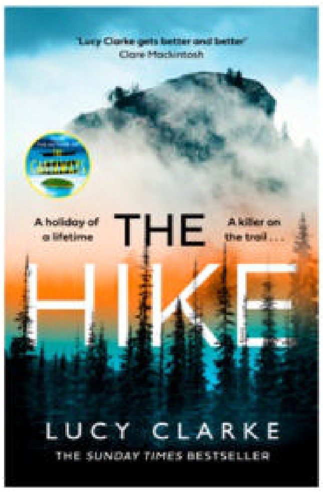
My book of the month

Oh, Sister **by Jodie Chapman**
(Michael Joseph, £16.99)
I always get a little nervous reading book two when I've loved an author's debut, but there was no need here, as this was brilliant – dare I say it, even better than Chapman's debut, *Another Life*. We meet Jen, Isobel and Zelda, who have all been brought up in the same way in the same organised religion but now want different things. This is a powerful, eye-opening read that will spark discussions – a perfect book-club pick. **13 April**

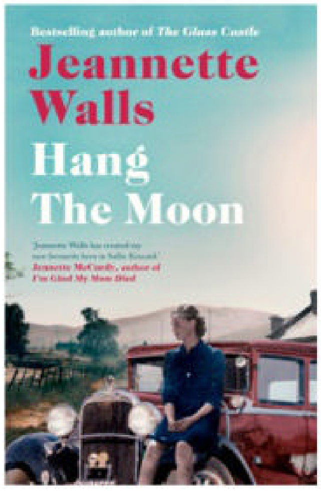




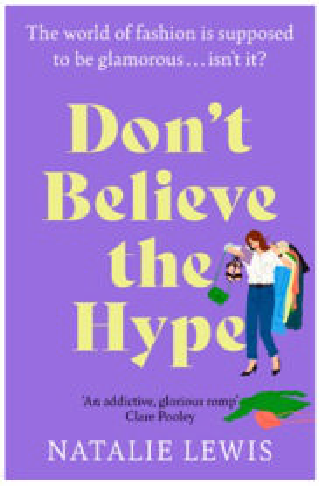
In A Thousand Different Ways
by Cecelia Ahern *(HarperCollins, £20)*
Wow, what a book! Alice sees people's emotions in the form of colours around them – if she gets too close, she absorbs their colours and feels their moods, which can make it difficult for her to be around people. One day, she sees a man without any colours and knows she must find him again. An extraordinary and truly original story – a must-read this month. **13 April**



The Hike
by Lucy Clarke *(HarperCollins, £14.99)*
Every year, friends Maggie, Liz, Helena and Joni meet for a holiday. This year's trip involves hiking through beautiful Norwegian forests and mountains. It sounds idyllic – until a woman's body is found and they are convinced they're being watched. They're also dealing with personal issues that some would rather keep hidden. A suspenseful story, which reaffirmed that I won't be hiking any time soon! **27 April**

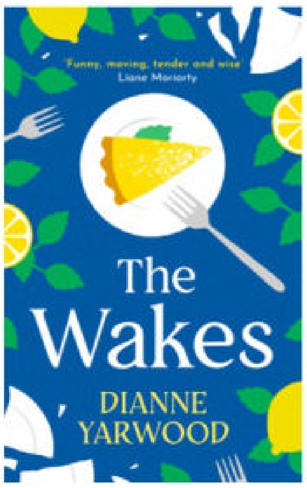


Hang The Moon
by Jeannette Walls *(Scribner UK, £16.99)*
Sallie is the daughter of Duke Kincaid, who runs the town they live in. Cast out nine years before, she returns, determined to reclaim her place in the family, but when tragedy strikes, she finds herself confronting the secrets and scandals that hide in the shadows of the Big House. I loved Sallie's resilience and strength of character, and would love to see this one on screen. **13 April**


The world of fashion is supposed to be glamorous… isn't it?
Don't Believe the Hype
'An addictive, glorious romp' Clare Pooley
NATALIE LEWIS

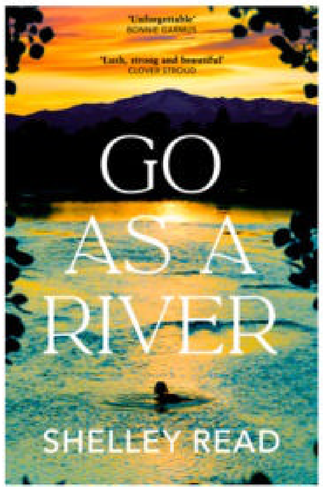
Don't Believe The Hype

by Natalie Lewis *(Hodder Paperbacks, £8.99)*
When Frankie accepts a job as an intern for a PR company, she has no idea that years later she will have worked her way up the ranks and be 'babysitting' ex-TV star Melissa as she launches her fashion brand. Fans of *The Devil Wears Prada* will love this. **13 April**


'Funny, moving, tender and wise' Liane Moriarty
The Wakes
DIANNE YARWOOD

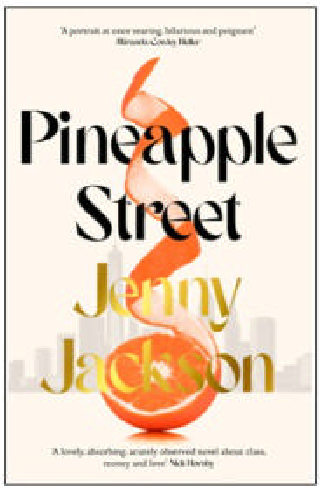
The Wakes

by Dianne Yarwood *(Phoenix, £16.99)*
This novel follows Clare, who is struggling after her marriage breaks down. When she starts helping her neighbour Louisa with a catering business for funerals, Clare finds unexpected respite. She also meets Chris, an emergency doctor, and slowly begins to find hope again. **13 April**


GO AS A RIVER
SHELLEY READ

Go As A River

by Shelley Read *(Doubleday, £14.99)*
This book truly filled me with joy. Seventeen-year-old Victoria Nash's life is changed by a chance meeting with a young man, which brings huge turmoil within her family. Set in the Colorado mountains, this is a beautifully poetic story about love, family and nature. **13 April**

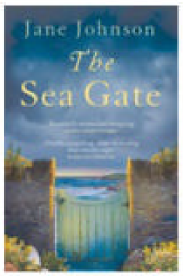

Pineapple Street
Jenny Jackson

Pineapple Street

by Jenny Jackson *(Hutchinson Heinemann, £14.99)*
Three women, Darley, Sasha and Georgiana, all live in New York's Brooklyn Heights. One was born into money, one married into it and one wants to give it away. I loved this novel's humour and insight into a fascinating world of wealth and glamour. **13 April**

From YOUR BOOKSHELF

What's your favourite read?


Jane Johnson
The Sea Gate

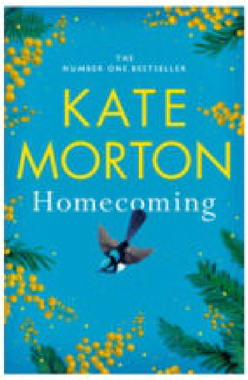
This month, Gillian Pearce from Welshpool, Powys, chose:

The Sea Gate

by Jane Johnson *(Head of Zeus)*
'I have always enjoyed reading, as it transports you away. I love stories about my favourite holiday destinations and this is set in Cornwall, both in the present day and during the Second World War. I have to relate to the characters and the main protagonist, Olivia, ticks all the boxes in this mystery love story. A great read.'

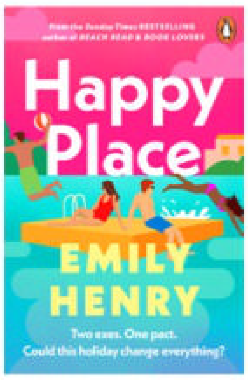
• If you'd like to feature your favourite book here, email prima@hearst.co.uk, marking your email 'From Your Bookshelf'.

3 of the BEST FROM SOME OF NINA'S FAVOURITE AUTHORS


KATE MORTON
Homecoming

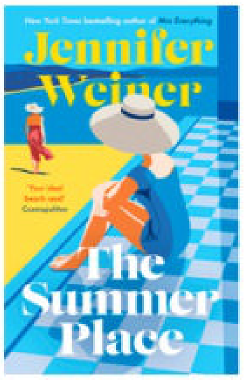
Homecoming

by Kate Morton *(Mantle, £20)*
Kate Morton is the author who made me fall in love with dual-timescale storylines. An epic novel about a 1959 murder case in South Australia that has never fully been solved, this is one to devour on holiday. **13 April**


Happy Place
EMILY HENRY
Two exes. One pact. Could this holiday change everything?

Happy Place

by Emily Henry *(Viking, £14.99)*
This is an absolute romcom favourite of mine. A couple pretend to still be together while on holiday with their best friends – but can they get away with it? **27 April**


Jennifer Weiner
The Summer Place

The Summer Place

by Jennifer Weiner *(Piatkus, £9.99)*
I've been reading and loving Jennifer Weiner's books for 22 years and counting! Set in a family's Cape Cod beach house, a wedding and intergenerational dynamics make this a perfect summer read. **4 April**

Portrait of Nina Liz McAulay **Hair and makeup** Jo McKenna **Nina wears** Blazer, Very. T-shirt, Nina's own. Jeans, Me+Em

WIN £100

READER SHORT STORY

The magic of STRANGERS

You never know the impact you might have on other people's lives...

I can't recall when I started noticing them. The busy road had many pedestrians, so what made these two stand out, I don't know. I just know that they were there. Each day, as I drove to work, I would pass them. Just an ordinary couple. Him in the black coat and her with her brightly coloured hair. Sometimes walking side by side; sometimes holding hands.

It's funny how strangers can become part of your life. Even if they never know it. There was a sense of familiarity seeing them daily. I felt like I knew them. I would wonder where they were on the days I didn't see them. A tiny flicker of concern that they might be ill. A hopefulness that they were instead enjoying a holiday.

I assumed that, like me, this was their journey to work – travelling up the same road at the same time every day. Nice to be close enough to walk, I would think to myself on warmer days. Not the stress of my 45-minute commute. Lovely to both work together (or at least nearby) and share the journey, rather than travel alone with only your own thoughts for company. Then there were the rainy days, and perhaps on those days they would notice cars like mine. Perhaps those were the days our roles reversed and they would wish they were me.

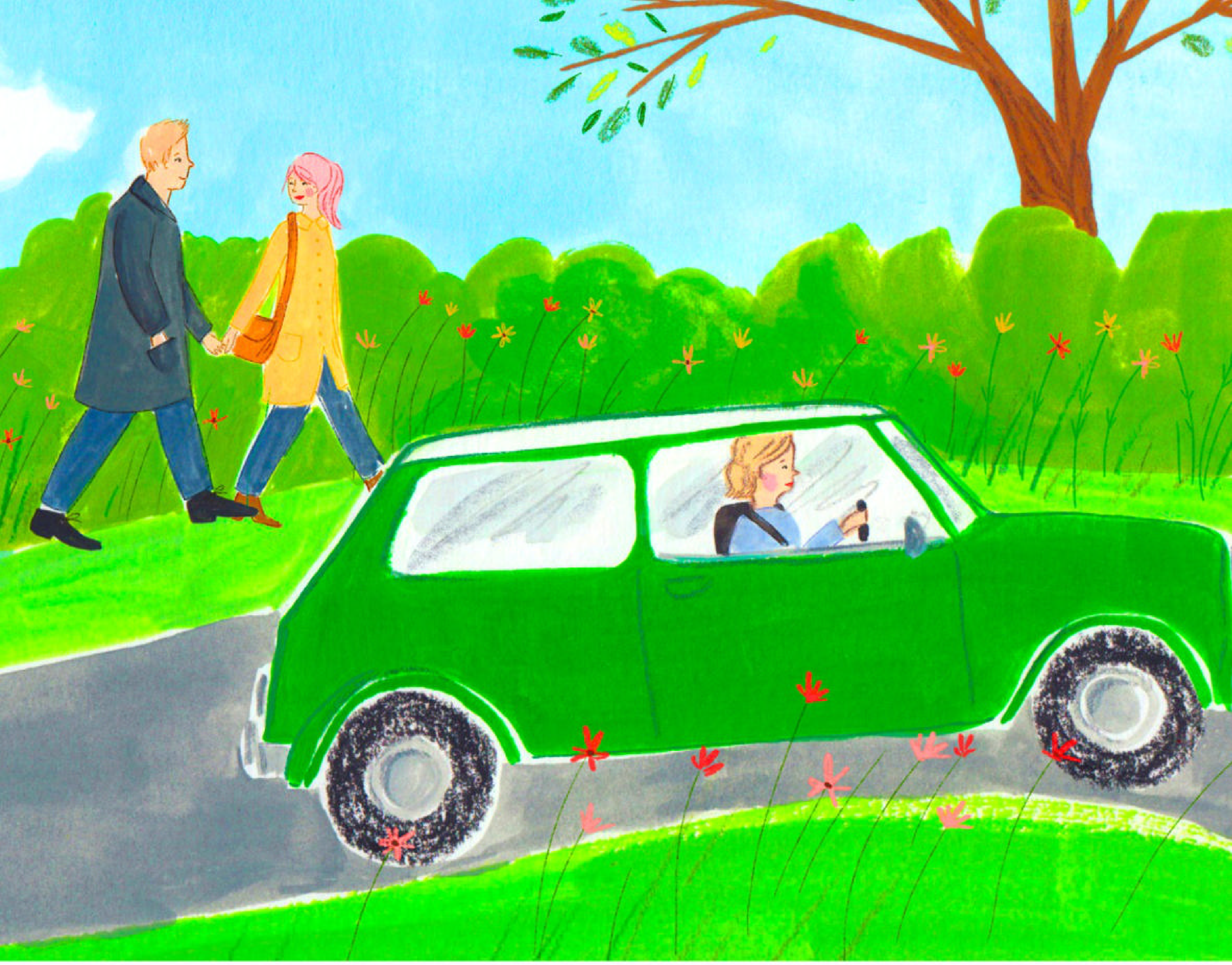
One day, I was running late. I spotted him further up the road than where I would usually see them. Just him. So, their end destination wasn't the same? Was her place of work before his? Maybe she turns up one of the many side streets. Perhaps he waits at the bus stop with her – a sweet thought that brought a smile to my face, the idea that he sees her off safely before continuing. It's good to have someone who cares for you like that. Not everyone has that. My smile faded.

Then, one day, they just stopped being there. At first, I thought it might be a holiday. There had been times before when I would miss them for a week, then they would be back again. This time, they never returned.

Perhaps it was their work that had changed, although it seemed odd that both of them would disappear at the same time if this was the case. And I had already decided from my previous observations that the jobs they were heading to were not the same. Perhaps they had split up. I was convinced they were more than just friends who happened to have a similar journey. There was something about the closeness between them as they walked. If their relationship had ended, then their daily journey together would, too, and, silly as it was, the thought made me sad.

Perhaps they had simply moved house, so their route no longer overlapped with mine. I liked this thought best – an explanation that fitted the circumstances yet also retained a happy ending. It seemed silly to look every day for people

COMPETITION RULES: Prize is £100. Entry to the competition and acceptance of the prize constitutes permission to use the winner's name for promotional purposes and for publishing in *Prima* without additional consultation. Entries may be edited for publication. This competition is not open to employees of Hearst UK or their direct relatives. The most deserving entry, in *Prima*'s sole opinion, will be chosen as the winner. Only the winner will be contacted personally. The prize is as stated, although Hearst UK reserves the right to change the prize in the event of unforeseen circumstances. If it is in Hearst UK's opinion that no entries are deemed of a publishable



I had never met, even more silly to care for strangers who didn't know I existed. Yet still I did.

****

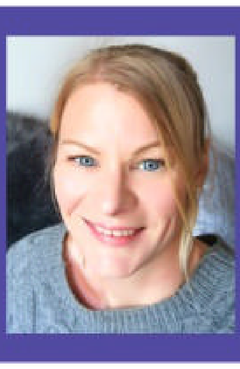
Elsa gripped the wheel, her hands shaking: 'I can't do this.' She had thought driving was the answer. She couldn't face the walk – the one they had done each day together, the one she had done as a wife. She had hoped driving might feel different.

She had not come this route since the accident. Tears poured down her face, collecting in her hair. 'There's a roundabout ahead; I can just turn around, go home and tell them I'm still not ready.' She couldn't face the sympathetic looks from colleagues for the widow, definitely couldn't face the fake cheer needed to serve customers.

It was just then that she spotted the little green car. It couldn't be, could it? She didn't know one make of car from another, but that little green one had stood out. Almost every day it had passed them at the same point. They had nicknamed her 'our blonde lady'. 'Our blonde lady's running late today,' when they saw her further along the walk than usual. 'Our blonde lady's having a day off,' when they didn't see her at all.

As the two cars passed, she looked into the window. Yes, it was the car – it was their blonde lady! The tiniest hint of a smile appeared, just the faintest upturn to the corner of her mouth, quickly replaced by a straight set of determination. Elsa hadn't noticed that the tears had stopped or that she'd driven round the roundabout instead of heading back. 'I can do this,' she whispered to herself, silently thanking a stranger who would never, ever know of her existence but had somehow been there for her.

Illustration Emma Block



DO YOU HAVE A WAY WITH WORDS? This month's winning author is Leona Brown, who wins £100! She says: 'When I'm driving to work, I am a bit of a people watcher. They're always interesting! I love making up stories about these people I don't know.' For your chance to win, email your entry of 800 words maximum to: yourwinningstory@hearst.co.uk or post to Your Winning Story, *Prima* Features, House of Hearst, 30 Panton Street, London SW1Y 4AJ, including your name, address, phone number and a good-quality photograph. Please note that, unfortunately, *Prima* cannot return any photographs or stories.

standard, Hearst UK reserves the right not to award any prize. Hearst UK does not accept any responsibility for lost entries. Proof of sending is not proof of receipt. Hearst UK's decision is final in every situation, including any not covered above, and no correspondence will be entered into. Entrants will be deemed to have accepted these rules and agreed to be bound by them. Hearst UK shall be permitted to exclude any entrant at any time at its sole discretion. By entering the competition, you agree that the copyright and all other rights in respect of the entry shall be assigned to Hearst UK.

prima Puzzles

FIVE pages of fun – with cash prizes to win!

CROSSWORD

WIN £50

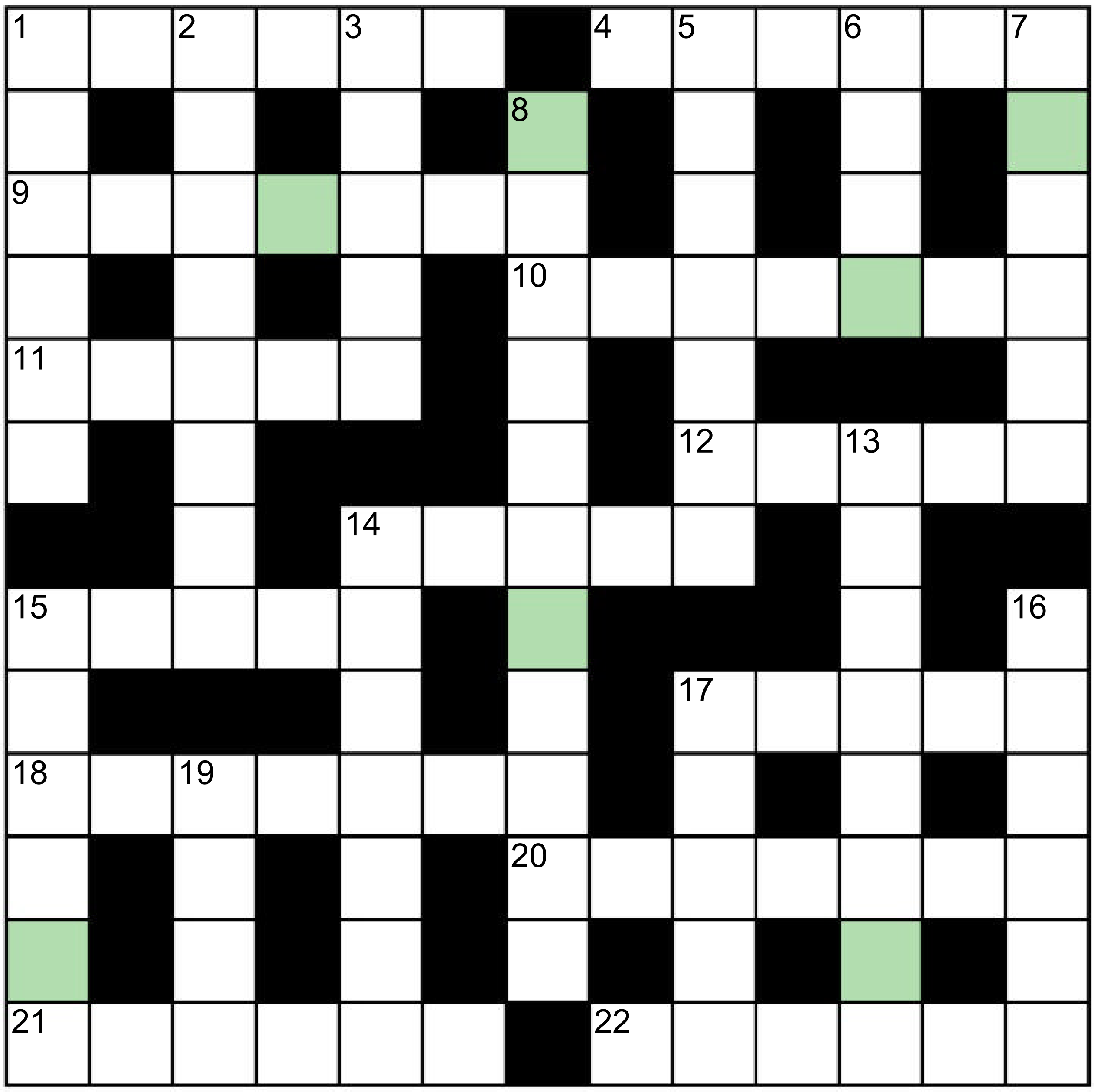
Solve the crossword by working out the answers to the clues. When completed correctly, the shaded squares, reading top to bottom, left to right, will spell out your prize answer.

ACROSS

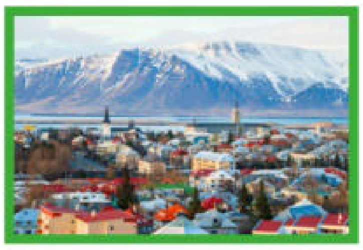
1 Next after seventh (6)
4 Disagree (6)
9 Artist (7)
10 Against the law (7)
11 A small country between India and China (5)
12 Beastly (5)
14 Possessed (5)
15 Strong feeling of annoyance (5)
17 Slogan; favourite saying (5)
18 Thick reddish stalks eaten as a fruit (7)
20 Amelia ___: US aviation pioneer (7)
21 Discover (6)
22 Aeroplane without an engine (6)

DOWN

1 Get bigger (6)
2 Holding tightly (8)
3 Sum (5)
5 Country where one finds Reykjavík (7)
6 Amphibian that leaps (4)
7 Actually (6)
8 Eg 2, 3, 5 or 7 (5,6)
13 ___ pony: small, sturdy horse (8)
14 Derived from living matter (7)
15 Scared (6)
16 Warmer (6)
17 ___ Streep: *Mamma Mia!* actor (5)
19 An individual thing (4)



18 ACROSS


5 DOWN

13 DOWN

Enter online at prima.co.uk/primapuzzles

Solve the crossword in the usual way. When completed correctly, the shaded squares, reading top to bottom, left to right, will spell out your prize answer (flightless sea bird, 7). You can **enter for FREE online** to be in with a chance to **win the £50 prize**. It couldn't be easier: simply go to prima.co.uk/primapuzzles. Alternatively, you can call our hotline. See page 150 for the phone numbers and all the HOW TO ENTER details.

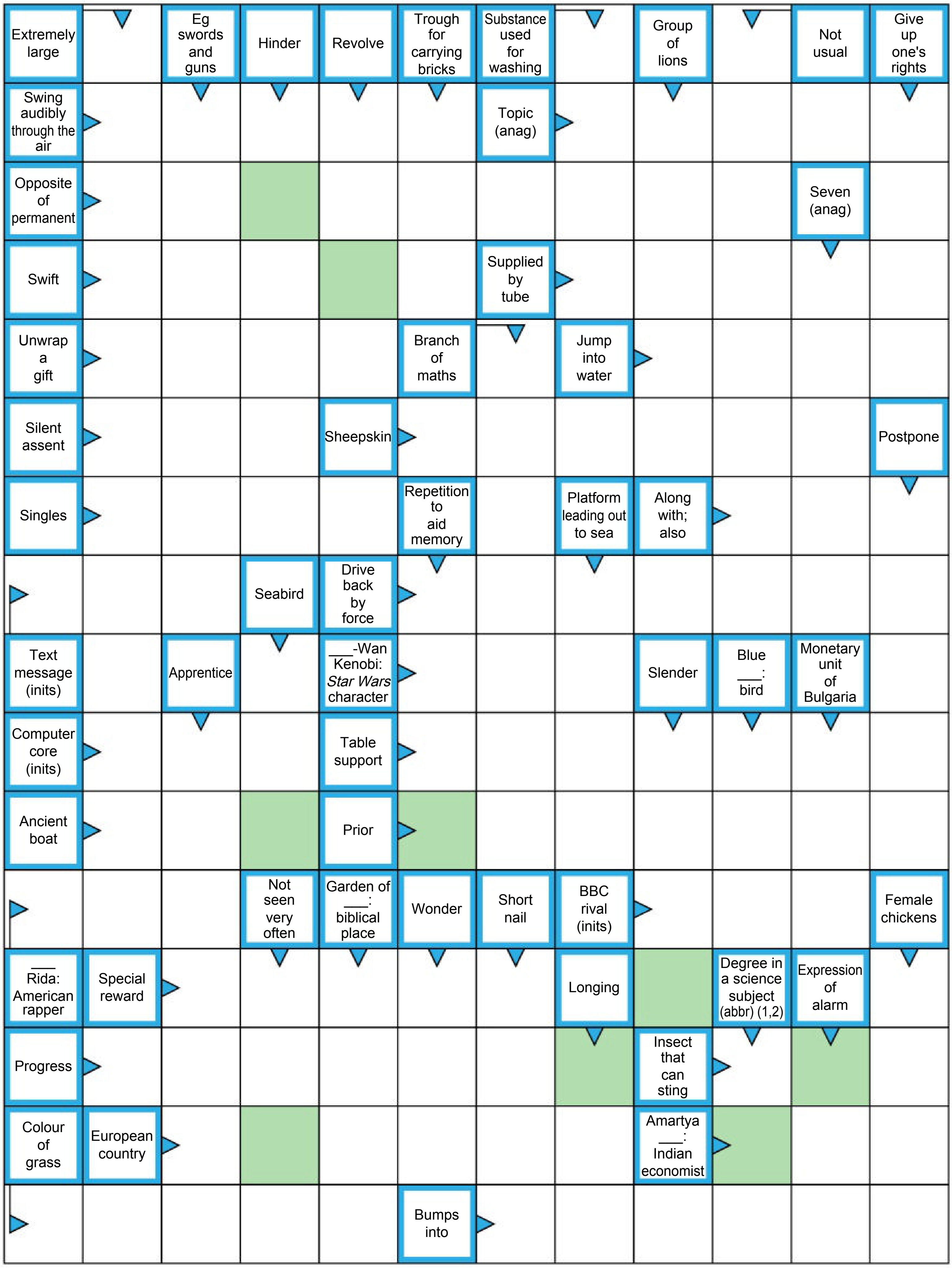
Enter online at prima.co.uk/primapuzzles

ARROW-WORD

Put your feet up and win £50 at the same time!

WIN £50

Fill in the grid according to the arrows. When done, the shaded squares will reveal the answer to the following question: **Which Canadian actor starred in *Wayne's World* and *The Cat In The Hat*?**



Extremely large	▼	Eg swords and guns ▼	Hinder ▼	Revolve ▼	Trough for carrying bricks ▼	Substance used for washing	▼	Group of lions ▼	▼	Not usual	Give up one's rights ▼
Swing audibly through the air ▶						Topic (anag) ▶					
Opposite of permanent ▶			🟩							Seven (anag) ▼	
Swift ▶				🟩		Supplied by tube ▶					
Unwrap a gift ▶					Branch of maths	▼	Jump into water ▶				
Silent assent ▶				Sheepskin ▶							Postpone ▼
Singles ▶					Repetition to aid memory ▼		Platform leading out to sea ▼	Along with; also ▶			
▶			Seabird ▼	Drive back by force ▶							
Text message (inits)		Apprentice ▼		___-Wan Kenobi: *Star Wars* character ▶				Slender ▼	Blue ___: bird ▼	Monetary unit of Bulgaria ▼	
Computer core (inits) ▶				Table support ▶							
Ancient boat ▶			🟩	Prior ▶	🟩						
▶			Not seen very often ▼	Garden of ___: biblical place ▼	Wonder ▼	Short nail ▼	BBC rival (inits) ▶				Female chickens ▼
___ Rida: American rapper	Special reward ▶						Longing ▼	🟩	Degree in a science subject (abbr) (1,2) ▼	Expression of alarm ▼	
Progress ▶							🟩	Insect that can sting ▶		🟩	
Colour of grass	European country ▶		🟩					Amartya ___: Indian economist ▶	🟩		
▶					Bumps into ▶						

Enter online at prima.co.uk/primapuzzles

Enter for FREE online at prima.co.uk/primapuzzles to be in with a chance to **win the £50 prize**. Alternatively, you can call our hotline. See page 150 for the phone numbers and all the HOW TO ENTER details.

WORD SEARCH

Look for the **London Underground stations** (below) in the grid. All are hidden except one – can you find it?

U	P	A	D	D	I	N	G	T	O	N	L	S	U	L	J	S	I
G	K	O	U	X	B	L	W	C	B	S	R	N	V	V	L	U	C
K	N	R	A	O	R	A	T	O	P	C	S	T	L	O	U	G	J
R	A	N	R	X	I	H	K	E	T	G	W	O	A	E	Z	Y	Q
A	B	O	S	F	X	T	C	E	E	N	S	N	R	E	E	T	N
P	F	T	E	O	T	T	E	R	R	R	E	F	X	Y	Y	M	E
N	A	S	N	R	O	T	T	L	A	S	T	D	K	S	E	A	D
E	A	U	A	D	N	T	E	I	Q	E	T	S	M	N	N	R	R
E	K	E	L	C	A	L	R	U	U	O	L	R	D	A	A	Y	A
R	R	T	Q	I	R	F	A	R	S	V	Y	B	E	N	C	L	G
G	R	A	X	R	K	R	U	E	T	O	A	K	R	E	O	E	T
M	O	O	H	C	E	R	Q	S	R	F	N	U	I	A	T	B	N
N	K	E	A	U	I	T	S	Y	E	I	Y	G	X	W	M	O	E
S	O	L	M	S	S	O	R	C	G	N	I	R	A	H	C	N	V
Q	B	D	M	T	Y	F	E	H	D	S	L	E	G	N	A	E	O
T	A	I	E	Z	H	U	T	L	I	B	T	T	N	S	N	L	C
N	N	X	R	L	L	S	S	L	R	U	V	S	R	A	A	P	L
L	A	E	S	S	B	U	E	V	B	R	D	N	F	V	R	M	O
T	I	C	M	R	S	M	C	I	N	Y	T	I	O	A	Y	E	C
X	J	E	I	U	C	N	I	A	O	P	E	M	A	G	W	T	F
H	T	D	T	B	N	S	E	W	D	A	Q	T	V	R	H	T	C
H	G	F	H	W	R	O	L	P	N	R	Y	S	T	V	A	L	R
E	Q	R	I	W	S	A	M	J	O	K	L	E	L	N	R	H	T
H	A	R	K	A	A	O	B	X	L	K	N	W	L	T	F	U	F

ANGEL
ARSENAL
BAKER STREET
BANK
BARBICAN
BLACKFRIARS
BOND STREET
BRIXTON
CAMDEN TOWN
CANARY WHARF
CHARING CROSS
COVENT GARDEN
EUSTON
FINSBURY PARK
GREEN PARK
HAMMERSMITH
KNIGHTSBRIDGE
LEICESTER SQUARE
LONDON BRIDGE
MARBLE ARCH
MARYLEBONE
MONUMENT
OVAL
OXFORD CIRCUS
PADDINGTON
SLOANE SQUARE
TEMPLE
VAUXHALL
WATERLOO
WESTMINSTER
WIMBLEDON

LAST MONTH'S JUST FOR FUN SOLUTIONS

SUDOKU

EASY PEASY

6	7	4	1	5	3	8	9	2
2	5	9	8	4	7	6	1	3
1	3	8	6	9	2	7	4	5
5	6	7	9	2	1	3	8	4
4	2	1	5	3	8	9	7	6
9	8	3	4	7	6	2	5	1
3	4	2	7	1	9	5	6	8
8	9	5	3	6	4	1	2	7
7	1	6	2	8	5	4	3	9

TOUGH STUFF

4	6	3	5	1	9	8	2	7
7	5	9	2	4	8	1	6	3
8	2	1	3	7	6	4	5	9
1	3	4	9	2	7	5	8	6
6	9	8	4	5	1	3	7	2
2	7	5	8	6	3	9	1	4
9	4	7	1	8	2	6	3	5
3	1	2	6	9	5	7	4	8
5	8	6	7	3	4	2	9	1

WORD SEARCH
Snowdrop

NUMBER TOWER

968
500 468
255 245 223
123 132 113 110
54 69 63 50 60
21 33 36 27 23 37
8 13 20 16 11 12 25

NUMBER SQUARE

1	+	8	x	6	54
+	■	x	■	+	
5	-	3	-	9	-7
x	■	-	■	x	
4	÷	2	+	7	9
24		22		105	

CHRISTMAS/NEW YEAR ISSUE 2022 PRIZE SOLUTIONS

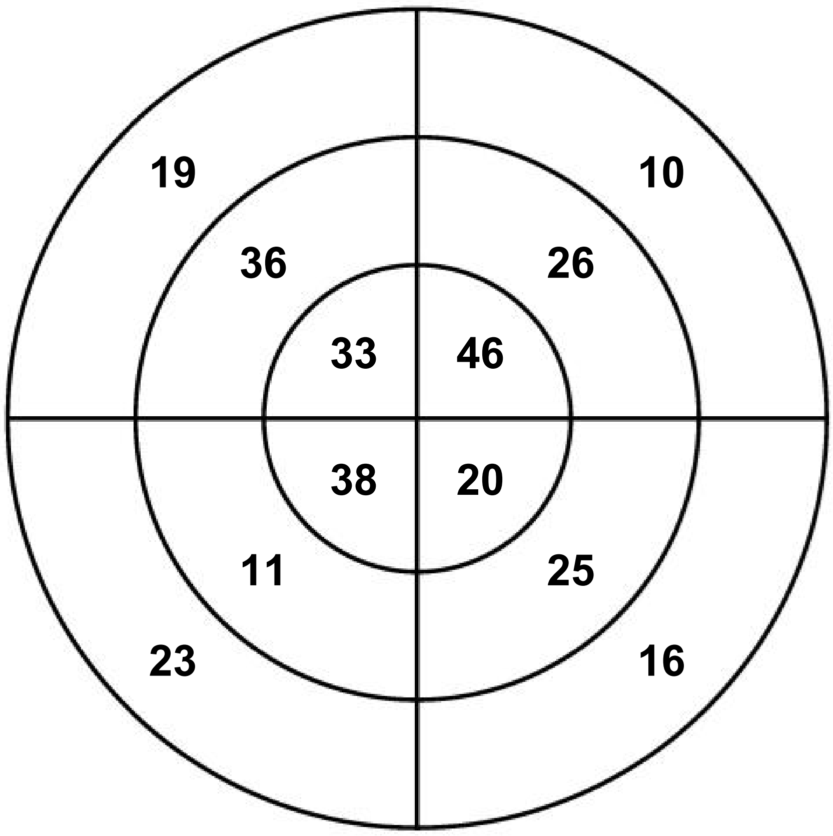
CROSSWORD
Treasure
ARROW-WORD
Albert Einstein
CODEWORD
Mistletoe

✻ Solutions to this month's prize-winning puzzles will be in the September 2023 issue.

Just for FUN

NUMBER DARTS

Select one number from each of the three rings on the board that together add up to the first target number, 101. Then repeat to find the second and third target numbers.



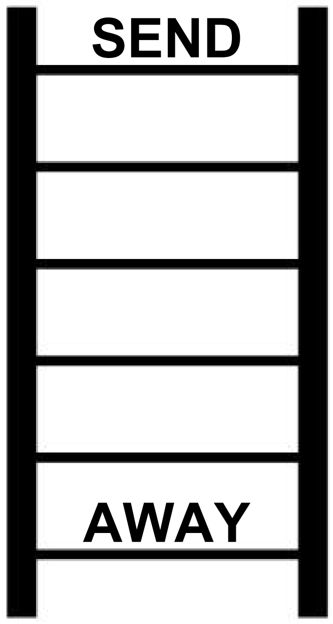
TARGETS

101

41

86

Just for FUN



WORD LADDER

Move from the word at the top of the ladder to the word at the bottom by changing one letter on each step. Do not rearrange the letters.

Just for FUN

SUDOKU

Place the numbers from 1 to 9 in each empty cell so that each row, column and 3x3 block contains all the numbers from 1 to 9. ➔

EASY PEASY

			4		5		9	
	9	3	2	8	6	5	1	7
	2		1	7	9	4	3	
7		4				8		1
9		5				2		6
6		2				9		3
	4	9	3	6	7		8	
3	6	1	5	4	8	7	2	
	5		9		1			

TOUGH STUFF

1	3	7			9		4	2
		6					1	
9			7			8		
			1	3	2	9		
	1		4	6	8		2	
		2	5	9	7			
		8			4			3
	5					4		
6	4		3			2	9	8

Enter online at prima.co.uk/primapuzzles

CODEWORD

WIN £50

For £50, see if Usher can help you work out the number code for each letter of the alphabet. We've placed the Us, now you do the same with the Ss and Hs, and also the Es and Rs, and on you go. When you're done, use your key grid to find out the prize word. **Enter for FREE online** at prima.co.uk/primapuzzles to be in with a chance to **win the £50 prize**. Alternatively, you can call our hotline. For all the details on HOW TO ENTER, see below.

A
B
C
D
E
F
G
H
I
J
K
L
M
N
O
P
Q
R
S
T
~~U~~
V
W
X
Y
Z

1 U	21	12	26	22	21	7	■	13	23	17	4	2
21	■	23	■	21	■	5	■	4	■	22	■	1 U
25	4	15	6	3	■	20	5	15	22	2	20	21
20	■	4	■	20	■	25	■	3	■	22	■	2
13	4	12	20	10	■	25	■	23	11	15	22	6
22	■	■	11	4	5	22	23	12	■	■	■	5
10	■	■	2	■	■	15	■	■	23	18	23	4
22	21	15	4	21	2	22	17	4	■	1 U	■	4
20	■	4	■	22				2	20	10	23	21
5	4	10	22	6				6	■	10	■	■
■	■	10	■	14				1 U	21	22	15	2
20	10	22	14	4				12	■	23	■	4
24	■	21	■	10	20	21	12	23	8	21	4	5
1 U	5	7	4	■	■	4	■	■	20	■	■	11
4	■	■	■	22	6	4	18	23	16	■	■	4
12	23	19	4	21	■	12	■	11	26	10	23	21
1 U	■	23	■	9	■	10	■	20	■	10	■	15
6	23	21	17	4	21	4	■	24	1 U	20	2	22
15	■	20	■	6	■	2	■	1 U	■	13	■	21
2	11	10	20	15	■	2	4	4	11	20	7	4

1 U	2 S	3 H	4 E	5 R	6	7	8	9	10	11	12	13
14	15	16	17	18	19	20	21	22	23	24	25	26

YOUR KEY GRID

11	26	5	20	13	22	12

Enter online at prima.co.uk/primapuzzles

HOW TO ENTER ONLINE Save money by entering online at **prima.co.uk/primapuzzles**. Once you have registered, please select the May issue cover, then submit the answer(s) of the puzzle(s) you want to enter. PHONE 0906 470 1007* for the Crossword, 0906 470 1009* for the Arrow-word, 0906 470 1008* for the Codeword, leaving your name and address. *All calls cost 65p per minute plus your telephone company's network access charge, and should last no longer than two minutes. You must be 18 or over and have the bill payer's permission. **The closing date for phone entries is midnight 24 May 2023. Only one entry per person. If you call to enter after the closing date, you will not be entered but you will be charged.** Entries will be drawn at random. The competition is open to UK residents only and usual rules apply (see above right). Service provider: Spoke, 0333 202 3390.

GENERAL COMPETITION TERMS AND CONDITIONS Open to UK residents aged 18 and over. To enter, see details of how to enter on each competition page. Entries in the incorrect format will not be considered. Answers received after the closing date will not be considered. The winner will be randomly selected from the entries received, unless otherwise stated on the relevant competition page. Entrants will be deemed to have accepted these Terms and any additional Terms provided alongside the relevant competition and to have agreed to be bound by them. The competition is not open to any employees of Hearst Magazines, the promoter or their immediate families, the promoter's advertising agency and sales promotion consultancy, or anyone else connected with the creation and administration of the competition. Only one competition entry, fulfilling the eligibility requirements above, will be accepted per person. Once selected, only the winner(s) will be contacted personally using the contact details provided upon entry. The dates specified for any prize cannot be altered and Hearst Magazines UK or the third party are not liable in any way to any winner who cannot attend. Winners will be notified on the day that the winner is selected unless otherwise stated on the relevant competition page. Winners will have five (5) working days to respond in full or another winner will be selected. Hearst Magazines' decision is final in every situation, including any not covered above, and no correspondence will be entered into in respect of the validity of any such decision. Hearst Magazines shall be permitted to exclude or disqualify any entrant at any time at its sole discretion. Hearst Magazines reserves the right to exclude late, incomplete or multiple registrations, or registrations made by third parties or agents. Hearst Magazines does not accept any responsibility for late or lost entries. Proof of sending is not proof of receipt. The name of the winner(s) will be available by sending a stamped addressed envelope to Hearst Magazines UK, House of Hearst, 30 Panton Street, London SW1Y 4AJ, indicating the name of the competition. Entry to the competition and acceptance of the prize constitutes permission to use any entrant's name, image and any competition entry photograph for promotional and/or editorial purposes in any format in print and non-print media without additional consultation. No purchase is necessary. Once entered, entries cannot be returned/withdrawn. Spammers will be disqualified. Prizes must be taken as stated and cannot be deferred although Hearst Magazines reserves the right to change the prize in the event of unforeseen circumstances. There will be no cash alternative. We will use the personal information you provide to process your competition entry. By entering the competition, you agree to the terms of the Hearst Privacy Notice, which can be found at hearst.co.uk/privacy-notice. In addition, Hearst Magazines may pass your personal information to the promoters of the competition (where it is not Hearst Magazines) and their data processors. However, we always demand that any such parties adhere to the same security procedures that we follow. Hearst Magazines reserves the right to (i) cancel and/or withdraw a competition and/or (ii) amend these Terms, at any time without notice. Where Hearst Magazines runs a competition with a promoter such that the promoter is responsible for the selection and/or the provision of prizes then Hearst Magazines shall not be responsible for or have any liability for the provision of such prizes. To the fullest extent permitted by applicable law, in no event will Hearst Magazines be liable, whether in contract, tort (including negligence), breach of statutory duty or otherwise, for any loss, damage or injury arising under or in connection with a competition. These Terms are governed by English law, and entrants agree to submit to the exclusive jurisdiction of the English courts in relation to all matters arising under or in connection with these Terms. Data protection: please refer to our privacy policy at hearst.co.uk/privacy-notice. Service provider: Spoke, 0333 202 3390.

NEW
Large Print Colour & Frame
Calm

RICHARDSON PUZZLES & GAMES

All puzzles are kindly supplied by Richardson Puzzles & Games. Its new *Large Print Colour & Frame: Calm* colouring book for adults contains 31 easy-colour illustrations with perforated page edges, so you can pull your artwork out of the book, then frame and display! Order now from **hive.co.uk/richardson-puzzles** and other good book retailers.

Photography Getty

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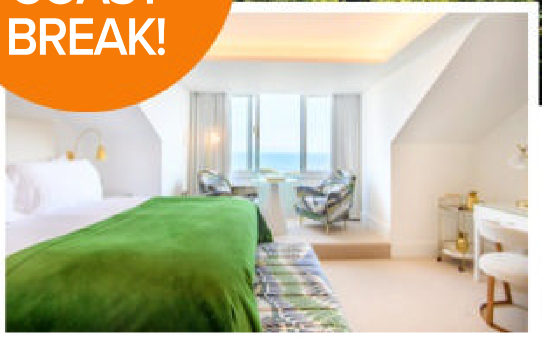
TREATS FOR YOU!

NOW YOU CAN ENTER FOR FREE ONLINE, TOO!

ENJOY A SOUTH COAST BREAK!



A luxury seaside getaway

A buzzing coastal town with sandy beaches and beautiful countryside on its doorstep, Bournemouth is the perfect location for rest and relaxation. *Prima* readers have the chance to win a two-night stay for two at The Nici, a super-stylish hotel perched on Bournemouth's West Cliff. The winner and a friend will stay in a tranquil Sea View Suite and enjoy a three-course dinner and house cocktail each at its South Beach Restaurant & Bar, a 60-minute massage or facial each at its new luxury spa and full use of the facilities, including a 28m outdoor pool, activity centre and cinema. For details, visit thenici.com. **Enter for free online at prima.co.uk/treatsmay23. Call 0905 789 1009 (80p per min plus your network access charge)*. Text PRIMACOMP1 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.**

TERMS & CONDITIONS Prize must be taken before 31 May 2024 and excludes July and August 2023 and bank holidays. Subject to availability.

I'M A WINNER!

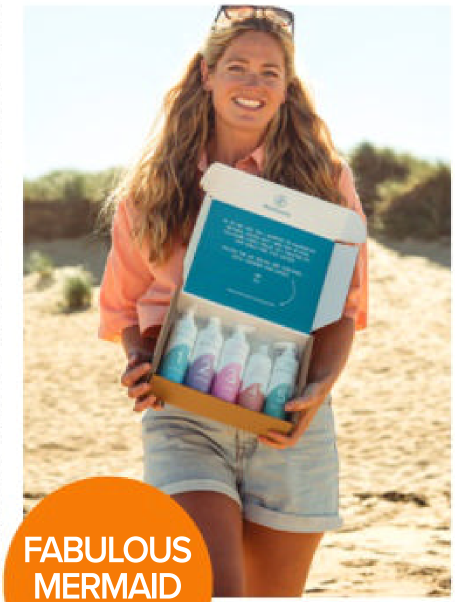
'Thank you for my fantastic prize of a Tineco Carpet One Pro. I'm looking forward to using it!' Louisa Bett, Bromley

Beauty bundles

Organic, sustainable skincare brand Skin & Tonic has four beauty bundles, each worth £128, up for grabs! Using a blend of soothing ingredients, Skin & Tonic will help you find your daily dose of calm with its Calm Balm, Happy Balm, Calm Hand & Body Wash, Calm Hand & Body Lotion, Calm Mood Mist, Daily Renewal Bio Retinol Moisturiser and three lip balms (Naked, Rose and Lemon). Visit marksandspencer.com for more info. **Enter for free online at prima.co.uk/treatsmay23. Call 0905 789 1010 (80p per min plus your network access charge)*. Text PRIMACOMP2 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.**

SKIN TREATS

Hair kits



FABULOUS MERMAID WAVES

Farewell frizz, hello gorgeous waves! The Merwave Wavy Hair Kit will help to transform your hair into soft, defined beach-worthy waves. The easy 15-minute at-home process combines five lightweight products to unleash your wavy hair potential. Split ends and breakages will be a distant memory and your lush locks will stay intact for days. We have five kits to give away, each worth £70! Visit merwave.co.uk. **Enter for free online at prima.co.uk/treatsmay23. Call 0905 789 1011 (80p per min plus your network access charge)*. Text PRIMACOMP3 to 88833 (£1.50 plus your network charge)**. Leave your name and address when entering.**

HOW TO ENTER Visit prima.co.uk/treatsmay23, call the 0905 number, or text PRIMACOMP followed by the number of the giveaway you wish to enter, then a space and your contact details, to 88833 (£1.50) by midnight, 24 May 2023. For example: text PRIMACOMP1 Jane Smith, 1 The Cottage, London AB1 2CD. *Calls cost 80p per minute plus your telephone company's network access charge and will last no longer than two minutes. **Texts cost £1.50 plus your usual network operator rate. Lines close midnight, 24 May 2023. If you phone or text your entry after the advertised closing dates, you will not be entered but you will be charged. You must be 18 or over and have the bill payer's permission. Please leave your full name and address details when entering. Winners will be selected at random after the closing date. SP: Spoke, 0333 202 3390. DATA PROTECTION: We will use the information you provide to process your competition entry. For our privacy notice, please see hearst.co.uk/privacy-notice.

Compiled by Jacqui Bartley

More Glam GRANS!

We were thrilled to receive so many glamorous gran pictures, so, following on from last month, here's another gallery of fabulous faces

NICOLA BARRON, 46

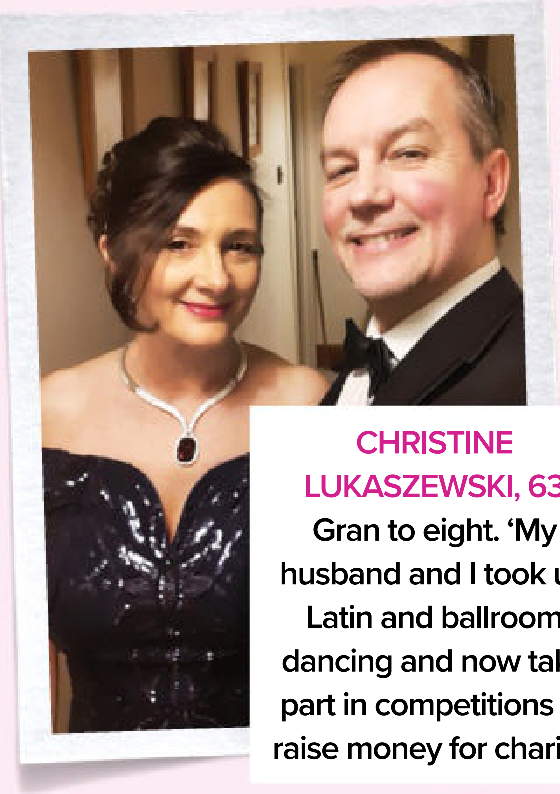
Gran to one. 'People are kind enough to say I look great as a gran and mum of four, and I reply jokingly, "I don't feel it!"'

GILLIAN TOWERS, 71, AND DAUGHTER JENNY TAPLIN, 42

Gillian is a great-gran to one and a gran to three. Jenny is a gran to one. 'I'm so proud of Jenny. This is her at a fancy-dress party with her husband, Ian,' says Gillian.

WENDY HANNANT, 71

Gran to two. 'My grandkids live in California, but I've visited a lot since they were born. I stay up to date with their lives and feel this, together with owning my own style and the smiles I see at Arrivals, makes me a glam gran.'



CHRISTINE LUKASZEWSKI, 63

Gran to eight. 'My husband and I took up Latin and ballroom dancing and now take part in competitions to raise money for charity.'

PAULINE FLAVELL, 72

Gran to seven. 'I've recently started playing boules! I'm not very good, but it's fun and keeps me moving.'

JULIE FOGDEN, 68

Gran to 11 and great-gran to six. 'I love this photo of my grandmother in a glamorous gran competition in the 1960s when she was in her 60s. I remember her always looking glam.'

CAROL ADAMS, 66

Gran to six. 'I try to stay as active as possible, doing gym classes every day.'

Compiled by Bryony Gooch

Over to YOU!

Email us at **prima@hearst.co.uk** with your letters – plus photos of your crafts, pets or anything that makes you smile

NEW FOR YOU!
Get new puzzles for FREE daily at prima.co.uk/puzzles. Play online any time, anywhere and EVERY DAY!

'Please come back to me'

£50 star letter

It was with great sadness that I read your article *'Please Come Back To Me'* (March) about a woman estranged from her grown-up daughter. I have an adult son who is estranged from his family and the emotional pain is horrific. It's also a very taboo subject. It took me over a year before I told any of my friends. I have since found a support group, Stand Alone (standalone.org.uk), and I wanted to share that with other readers who may be suffering. It's given me a better understanding of what may have gone wrong and what to expect in the future. **Name withheld**

Coronation memories

I'm so looking forward to watching King Charles's Coronation. It's bringing back memories of The Queen's Coronation; I watched it on television and remember thinking how young and lovely she was. I'd never seen anything like it. That evening, I celebrated by attending a ball in London, where I wore a red dress I'd made myself. What a wonderful event! **Jeanette Parsons**

From coronations to jubilee celebrations, Jeanette has always been an ardent royalist

Email us at prima@hearst.co.uk to share what's important to you.

Saving tips

I love *Prima*'s money-saving advice. My top tip is to work out my weekly budget and then draw it out in cash. It stops me just zapping a card without thinking. If there is any money left over, I save it for a memorable treat. I still feel happy about a theatre trip with my son a few years ago. **Diana Illingworth**

Now and then

Finding a copy of August 2005 *Prima*, I couldn't help comparing it with your latest issue. Both provide good value for money and the 2005 pattern (a wrap dress) is a style still suitable now. That year was the start of me becoming my own boss and fundraising for charities. The magazine helped me reflect on that time and look at what made me the person I am today. **Sheila Griffiths**

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less stress forever

Love & LOSS

We've had so many moving responses to our grief campaign. Here are some of your stories...

A celebration of life

Thank you for your features on grief. I lost my mum the week before Christmas and found it interesting to see how others cope with sad times. My mum had always been cheerful and matter of fact, and she didn't want any fuss at her funeral, so the service was a celebration of her life. I'm happy that Mum had a send-off she would have loved. **Elaine**

Life after John

On 19 September 2019, I lost my husband, John. On that day, I wrote 'My first day as a widow' in my diary. I found my diary a comfort to express my feelings. I sought help from the hospice, which offered me support, and it was the best thing I could have done. A counsellor gave me the tools to carry on. My advice is: keep a diary (you'll look back and see how far you've come) and don't be afraid to ask for help. **Diana English**

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Compiled by Bryony Gooch

NATURALLY BEAUTIFUL RUGS

COUNTRY LIVING AT CARPETRIGHT

ARNISTON IN NAVY, FROM £151

The new Country Living Collection of rugs, crafted from the finest natural, sustainable fibres, offers the perfect way to add an extra layer of style and comfort to your home.

Arniston (above), with its beautiful Highland check pattern, is a fully sustainable rug, cleverly made from recycled plastic bottles. Holkham is crafted from 100% recycled fibres. Designed for both indoor and outdoor use, its reversible textured-weave design offers the perfect blend of practicality and style. Hand-woven from pure wool (the original sustainable material), Wollerton is the epitome of informal indulgence, with a chunky-knit design for a homely ambience. Also available in 100% wool are hand-loom-woven Chalfield, with its eye-catching two-tone effect, and Hardwick, with its braided finish. And finally, Syon is made from 100% jute. This natural, sustainable fibre is incredibly hardwearing, making Syon the ideal rug for high-traffic areas, such as the hall and kitchen. With so many planet-friendly rugs to choose from, it's hard to know where to start!

See the full *Country Living* Collection at carpetright.co.uk/brands/country-living

COUNTRY LIVING | carpetright

SYON IN NATURAL, FROM £289

SYON IN TEAL, FROM £289

CHALFIELD IN DUCK EGG, FROM £89

CHALFIELD IN TAUPE, FROM £89

HARDWICK IN WARM GREY, FROM £489

WOLLERTON IN IVORY, FROM £249

HOLKHAM IN GREY, FROM £289

PHOTOGRAPHY: MARK SCOTT

Your Stars
FOR MAY
with Yasmin Boland

THE MOON & YOU
It's an eclipse month! The Full Moon eclipse is on 5 May at 5.43pm; move on from anything that no longer serves you. The New Moon on 19 May at 3:53pm features Jupiter in Taurus; plant a seed you want to see flourish over the next year.

STAR OF THE MONTH

TAURUS
21 April to 21 May

You know when life just seems to flow and you feel like you're in good grace with the universe? You're about to move into one of those periods. Everything should start to feel like it's going in the right direction; at home, at work, with family and everywhere else. Enjoy!

GEMINI
22 May to 22 June

You're known for being a very fun and loving sign, but right now the heavens are conspiring to bring out your more spiritual side. So, even if you just have an inkling of interest in yoga or meditation, give it a try – it could change your life for the better.

CANCER
23 June to 23 July

You're moving into the most social time you've had in more than a decade. Expect lots of invitations and new friends once this lucky social cycle kicks in after 18 May. Make sure you're balancing your friends' needs with your own, though. Once you get that right, there will be good times ahead.

LEO
24 July to 23 August

Last month was all about a great gust of cosmic energy entering your work life. Did you feel it? This month, it's all about making time to have a personal life as well. Make sure you carve out quality time with your family in between the demands of your professional schedule.

VIRGO
24 August to 23 September

So, have you decided where you want to go next? Your travel chart is still lighting up, however this month's Full Moon eclipse means you will feel very torn between going off on an adventure and the responsibilities at home. Take a tip from the skies and find a balance between the two.

LIBRA
24 September to 23 October

Being an Air sign, it's all too easy for you to live in your head rather than your heart. However, as of this month, the planet of expansion, Jupiter, is in your Intimacy Zone, so think about who in your life you would like to know better and become closer to.

SCORPIO
24 October to 22 November

Your life should feel like it's a work in progress right now. This month's eclipse is in your sign, so it's the end of one cycle and the start of another. This is big, though: what do you want to do with the rest of your life? Meanwhile, lucky Jupiter assumes position in your Love Zone, so expect more romance!

SAGITTARIUS
23 November to 21 December

It's important that you think about your daily routines. That might not sound terribly exciting, but if you put some effort into the way you're living your life, you'll end up feeling not just more stable and functional, but actually happier. Release any habits that aren't working.

CAPRICORN
22 December to 20 January

So you know how you have had the most intense astrology of all the signs for quite a number of years? Relief is at hand! For a start, the planet that has been causing all the ruckus, Pluto, has finally slipped out of your sign for a while. Moreover, Jupiter is now in your Fun Zone, which means life should start getting happier.

AQUARIUS
21 January to 19 February

With Pluto in your sign, expect the chance to totally revolutionise your life. Just don't go burning the whole thing down this month – tempting as it may be. Start by ditching anything – and anyone – that's clearly not good for you.

PISCES
20 February to 20 March

If there's one thing you need to do this month, it's to start thinking more positively. As lucky Jupiter moves into your Mind Zone and clashes with Pluto, it might be easier to do this in the second half of the month. Once you get into the habit of looking on the bright side, watch how your life starts to transform.

ARIES
21 March to 20 April

Whether you've struggled to earn enough or budgeting has been difficult in the past, that can all change now as lucky Jupiter hits your Money Zone. As long as you're sensible about how much money you have and don't overspend, you should find that, as of now, you're moving into a more abundant cycle – at last!

• *For your extended month forecast, visit Yasmin's website at yasminboland.com*

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Email: prima@hearst.co.uk

GROUP EDITORIAL DIRECTOR GABY HUDDART
EDITOR JO CHECKLEY SUBSCRIPTION ENQUIRIES 01858 438419*

GROUP EDITORIAL PRODUCTION
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ADVERTISING DIVISION
CHIEF COMMERCIAL OFFICER Jane Wolfson
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Enquiries:
CHIEF LUXURY OFFICER Jacqueline Euwe (jacqueline.euwe@hearst.co.uk)
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HEAD OF REGIONAL Lisa Bhatti (lisa.bhatti@hearst.co.uk)

SALES DIRECTOR, CLASSIFIED ADVERTISING Lee Rimmer (lee.rimmer@canopymedia.co.uk)
SALES MANAGER, CLASSIFIED ADVERTISING Rachel Stevens (rachel.stevens@canopymedia.co.uk)
HEAD OF MEDIA PLANNING Lucy Porter
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DISTRIBUTION Frontline Ltd, 01733 555161*
SUBSCRIPTIONS/BACK ISSUES 01858 438419*

SHOWS & EVENTS
SHOWS DIRECTOR Lauren Hubbard 07436 260947 (lauren.hubbard@hearst.co.uk)
SALES MANAGER Louise Duckett 07435 751517 (louise.duckett@hearst.co.uk)

COMMUNICATIONS
HEAD OF PR & COMMUNICATIONS Ben Bolton
PR MANAGER Grace Walker
JOURNALIST ENQUIRIES pressenquiries@hearst.co.uk

PRODUCTION
PRODUCTION MANAGER Pavel Pachovsky (pavel.pachovsky@hearst.co.uk)

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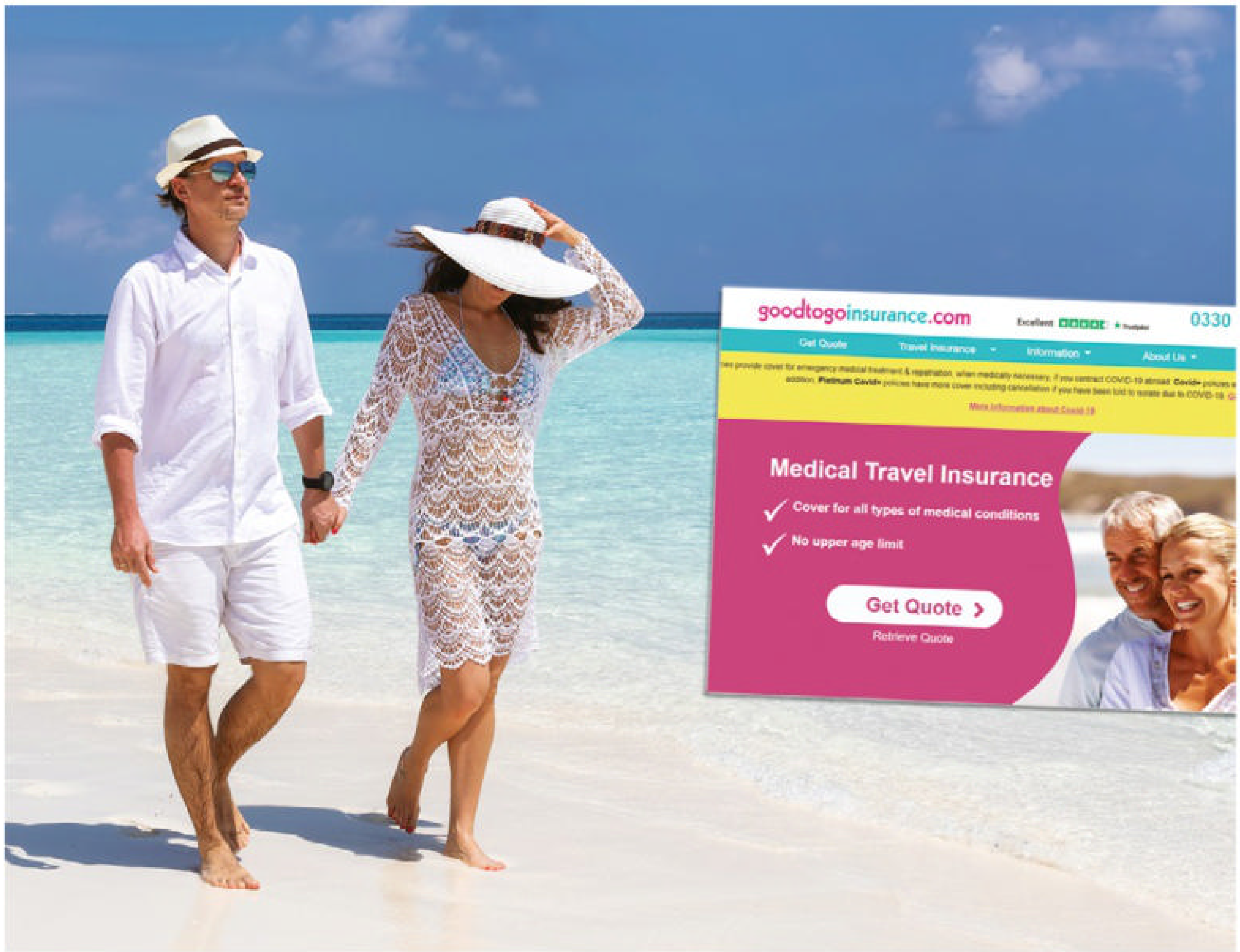
This month's essentials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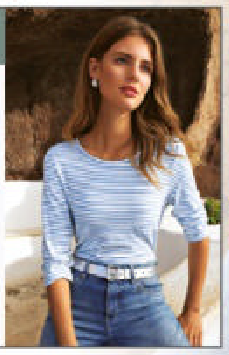

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ADVERTISING FEATURE

No need to feel tired all the time with **Magnesium+**

Magnesium is an essential mineral for all aspects of health, – and it's vital for fighting tiredness and fatigue.

Amazingly, more than half of us in the UK aren't getting our daily recommended magnesium intake from our diets and finding that a supplement can help, like 67-year old Ingrid Ord, a psychotherapist based in Warwick.

'We moved into our house and there was so much I wanted to do. I realised that I was utterly exhausted. I found I was doing nothing, just the absolute basics. And I was desperate.'

'I feel rejuvenated.'

Then Ingrid read about a supplement called Magnesium+* developed by FutureYou Cambridge, a leading food supplement company known for making formulations backed by extensive scientific research.

'I looked at the research and I liked the science behind the supplement. I thought, right, I like this – let's try it.

Now I find that, after a bit of a rest, I feel more physical energy so I can do a few things around the house. I feel rejuvenated.

Magnesium is an essential mineral that helps muscles function correctly, keeps bones strong and importantly where fatigue is concerned, magnesium is fundamental for energy production at a cellular level.

'We've got a beautiful place here to walk – a small hill, for most people – but for me it's quite a challenge. And I can get up to the top now and look at the incredible view.'

Unlike supplements that use magnesium oxide, Magnesium+ uses a naturally-occurring mineral called magnesium lactate, which is adept at optimising and maintaining levels of magnesium in the body.

Magnesium+ is twice as absorbable as a standard magnesium oxide supplement meaning you need much less per capsule to deliver the same amount, making it a much more efficient way to take this essential mineral.

**Magnesium+ contains vitamin B6 which contributes to a reduction of tiredness and fatigue, normal energy-yielding metabolism and also contributes to the regulation of hormonal activity.*

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FutureYou Cambridge, known for its well-researched nutritional supplements, is giving away packs of its flagship energy product to new customers.

Adam Cleevely, FutureYou Cambridge's Chair, explains the thinking behind the offer: 'After receiving so much positive feedback on Magnesium+, our team is confident that people will love it.

'So we've decided to offer that first pack for free, because our team is excited to spread the word about Magnesium+ with as many people as possible.'

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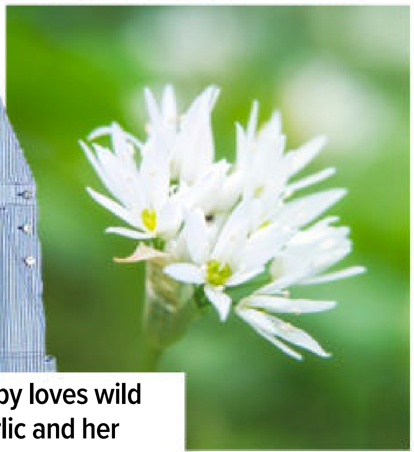
Up, up & away…

GET IN TOUCH! If you'd like to share your thoughts or messages with Gaby, email gaby.roslin@hearst.co.uk

TV and radio presenter **Gaby Roslin** on her love of high-up places and a crazy new fitness trend

Take time to gaze at a glorious view



Gaby loves wild garlic and her stripey dungarees

Here is a sentence I didn't know I was going to write… I love a rooftop! A very old friend of mine who's coming to London asked if I was around to get together and I told him that would be wonderful and suggested a couple of rooftop ideas. He then asked me what my penchant for rooftops was all about, as that's where we last met a couple of years ago.

I think it's the excitement of being above the buildings and looking out far and wide that makes me so happy. The UK is packed with such glorious views, from the beautiful Cornish coastline to the Yorkshire Dales and, of course, the stunning Highlands of Scotland. It makes me realise how lucky we are. We all spend so much time walking around with our heads down, staring at our phones, rushing here and there, but the moment we see space we remember to breathe. It's that head-clearing moment. I'm sure you have some favourite views, too, so why not grab a few hours or just a few minutes to spend time taking in the scenery, wherever it may be?

> 'The UK is packed with such glorious views'

May is one of my most favourite months. It's a time of bright early mornings, and that smell of 'nearly summer' hangs in the air. When I told my youngest that May is one of my faves, she reminded me that I'm not allowed to think that this year as she has her GCSEs. So *shhh,* don't tell her!

May is also the month of wild garlic. It's an absolute wonder. You can use it in any dish, but my top tips are: wild garlic hummus made with a tin of chickpeas, a large tablespoon of tahini, three tablespoons of extra virgin olive oil, a squeeze of lemon juice and a pinch of salt, then add in the wild garlic. Put it all into a mixer, blitz it up and enjoy. I can't stop eating it once I start. And you can make the most delicious pesto using fresh wild garlic, too. It's just 150g of wild garlic, 50g of Parmesan, 50g of pine nuts and extra virgin olive oil – again, blitz it and serve stirred into pasta.

I now have to admit to something I bought a few days ago: dungarees. They're a sort of mix between a toddler's romper suit and American farmhand. My husband keeps giving me one of *those* looks every time I mention them, but they make me laugh and that's not a bad thing. When I had my babies, I used to adore a US brand called OshKosh B'gosh, which had the cutest little dungarees for kids, and I always wanted a pair for myself. Well, now I have some from H&M that I wear with a plain white T-shirt and denim jacket. I did pop on some heels and a pink shirt underneath the other day, which looked jolly, too.

There's something I want to try out this month: a bungee fitness class. It's all over social media and it looks such fun. If you have no idea what I'm on about, imagine you're in a gym with a high ceiling, in your favourite workout gear, and everyone is attached to a bungee rope. Then the music starts and you do a workout while flying around the room.

I'll report back next month to tell you if I managed to do it! Until then, be happy, and see you next month in the June issue – the beginning of summer. Hooray!

Dungarees, H&M **Photography** Holly Wren, Getty **Gaby wears** Jumper, subcouture.co.uk. Jeans, Donna Ida. Rings, Thomas Sabo

Don't miss the JUNE ISSUE, OUT 26 APRIL

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